

THE  
LADIES  
CABINET  
X 6 OPENED:

Wherein is found hidden severall Experiments in Preserving and Conserving,  
Physicke, and Surgery, Cookery  
and Huswifery.



LONDON,

Printed by M. P. for Richard Meighen, next to the  
Middle Temple in Fleetstreet. 1639.

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Printed by W. R. for Richard D. in the Strand  
1839





# THE LADIES CABINET OPENED.

## *A Lemmon Sallet.*



Ake Lemmons, rubbe them upon a grate to make their rindes smooth, cut them in halfes, take out the meat of them, and boyle them in faire water a good while, changing the water once or twice in the boyling, to take away the bitterneffe of them: when they are tender, take them out and scrape away all the meat (if any be left) very cleane; Then cut them as thin as you can (to make them hold) in a long string, or in reasonable short peeces, and lay them in your glasse, and boyling some of the best White-Wine Vinegar, with Sugar, to a reasonable thin Sirrup, poure it upon them into your glasse, and keepe them for your use.

## *The best clouted Creame.*

Take eight pints of Milke warme from the Cowe, set it on the fire, make it ready to boyle; then poure it into boules, and fleet it that night, if you would have it thick, put in a quart of Creame to it.

## *Another way for the same in a lesse proportion.*

Take a quart of Creame or a pottle, set it in two dishes, on two Chaffing dishes of coales, and cover them with two other dishes: and as it heateth, uncover the Creame ever and anone, and with a



*The Ladies Cabinet opened.*

spoon take off the filme that riseth, and put it in another dish, and cover it againe till more be risen, and take it still off, and let it soone by leasure, the longer the better; when there will rise no more, poure out the uppermost of the Creame into a Platter alone, and set it on a Chaffing dish of Coales, with a quicke fire; then take the yolke of an Egge or two, well beaten, and straine them with a spoonefull of cold Creame, and a little Sugar and Rosewater to season it, and put it in as soone as the Creame beginneth to boyle up, and stirring them together softly, let them have a walme or two, and put them in another dish to coole, and serve them.

*To make the best Puffe-paste.*

Take two great handfuls of fine flower, the whites of two Egges, and one yolke, beat them a little together, with two spoonefulls of Rosewater, and put them to the flower, and worke it into the Paste (with as much cold water as is fit) very well together: then roll it out like a Pasty, and take one pound of sweet Butter, (beating it a little to make it soft) and lay it all over the Paste in little peeces, and fold it over, and well roll it out againe, laying on more Butter as you did before, till the Butter all be wrought in, and if it be too soft, strew a little flowre before you roll it all over: be very carefull you roll it not too thin, lest the Butter come through, for if it cleave to the Table it will not be good: Roll out a peece thin to lay in the bottome of a dish, or on a Paper, and put on it Apples, or what you like best, and cover them over with some of the Paste, and cut it round about with Peakes, that it may rise up in the baking.

*To boyle a Capon handsomely, not curiously.*

Take a fat end of a necke of Mutton, and cut it into two or three peeces, making one peece of two or three bones, and boyle these with your Capon: and of herbes take a handfull of Parsley, as much Time, and halfe as much Endive, and binde them up in a bunch together, and boyle them with your Capon, when it is boyled enough, season it with Salt and Verjuice: then take a deepe dish, & cut into it sops of a fine stale Manchet, & scald them with the fat commeth off the Capon and Mutton; you must boyle ready in a Pipkin, or some Skellet, halfe a pound of choise Prunes, till they be well and plumpe, but not over boyled, and when you serve up your Capon, garnish the dish sides with your Prunes, and lay



## *The Ladies Cabinet opened.*

3

lay them thicke upon your Capon. You may also boyle some marrow with your Prunes, and lay it on your Capon.

### *To roast a Shoulder of Mutton with Lemmons.*

Take a Shoulder of Mutton half roasted, cut off most of the meat thereof in thin slices into a faire dish, with the gravie thereof, put thereto about the quantity of a pint of Claret wine, with a spoonfull or two at most of the best Wine-vinegar : season it with Nutmegs and a little Ginger : then pare off the rindes of one or two good Lemmons, and slice them thin into the Mutton, when it is almost well stued betweene two dishes, and so let them stew together two or three walmes : when they are enough, put them in a cleane dish, and take the Shoulder blade (being well broiled on a Gridiron) and lay it upon the meat, garnishing your dish with some slices and rinde of the Lemmons ; and so serve it.

### *To make an Artichooke Pie.*

Boyle your Artichoakes, take off all the leaves, pull out all the strings, leaving onely the bottomes ; then season them with Sinnamon and Sugar, laying betweene every Artichooke, a good peece of Butter, and when you put your Pie into the Oven, sticke the Artichoakes with slices of Dates, and put a quarter of a pint of White wine into the Pie. And when you take it out of the Oven, do the like againe, with some Butter, Sugar, and Rose-water, melting the Butter upon some coales before you put it into the pie.

### *To make a Neats-foot Pie.*

Take a Neats-foot, dry it in a cloth, then take it and shred it with Mutton Suet, as small as you thinke fit, putting in no seasoning, but Nutmegs and Sugar : and to every Pie almost a pound of Currants well pickt, when you put it into the Oven. And before you set it into the Oven, put in a quarter of a pint of White wine : and when you take it out, do the like againe with a good peece of Butter and Sugar.

### *To make Almond Bisket.*

Steepe one pound of Almonds so long in cold water, till they will blanch, then put them in Rosewater, & beat them in so much Rosewater as wil keep the from growing to an oyle, & no more : take one pound of Sugar beaten very fine, and sifted through a Searce : take the whites of sixe Egges, beat them to a froth, as you use to do for other Bisket, with a spoonfull of fine flower : set the



## *The Ladies Cabinet opened.*

and Sugar on a soft Charcole-fire; let them boyle together till they be very thicke, and so let them stand till they be almost cold, then beat the Egges and that together, put in a little Muske for the better taste, if you please, then lay them upon Papers in what proportion you will, and dry them in an Oven with a slacke fire.

### *To make Paste of Carrets.*

Take Carret rootes, boyle them, take out of the pith one pound, paring of all the outside, beat the pith in a Morter, with halfe a pint of Rose-water; then take one pound of Sugar finely beaten, and the yolke of sixteene egges, beat them with the Carrets altogether, then put it in a dish and dry it; and being thus made into Paste, put it to what use, or in what fashion you like best.

### *To make the fine Bisket Bread, called in some places*

### *Norffe-Cakes, and commonly Diet-bread.*

Take halfe a pecke of fine Wheat-flower, halfe a pound of Sugar beaten in fine powder, a good handfull of Annis-seeds, rubbed, dusted, and made in fine powder, a competent spoonfull of Salt, one pound and a halfe of Butter: mixe all these (thus prepared) together: Then take a Porringer full of light Ale yest, and as much of good sweet Creame, made luke-warme, or somewhat hotter: but first take heed your Yest be sweet, then take the Yolkes of fixe Egges; worke all these together into Dough, then lay it warme to rise, while the Oven is heating: mould them into what forme you will, but let not the rolls in dough be bigger then your little finger: then put them into the Oven well and cleane swept, but not too hot, for a little heat will bake them: when they are baked, let them stand till the Oven be little more then luke-warme, and then take them out till they be through cold, and put them in againe to dry the space of an houre or more, so may you keepe them halfe a yeare, or longer: and if they chance through moyst standing, or weather, to waxe soft, give them a drying for an houre in an Oven, that hath stood an houre after a batch of Bread.

### *To make the ordinary clouted Creame.*

When you have taken your milke from the Cowe, set it on the fire presently in a broad vessell, and so keepe it on the fire from morning till night, and be sure it seeth not all the while; then take it off the fire, and set it on a Boord or Table, and so let it stand all night,



night, and in the morning take off the Creame, and dish it at your pleasure.

*To make Barbery Cakes.*

Picke Barberries, and plump them in scalding water, as you doe to make Conserves, then take of your best ripest Apples you can get, and scalde them very tender: then pare them and take the best and softest of them, and straine it with your Barbery stuffe, not too thin for feare of blacks going through: then dry your stuffe in a dish, upon a Chaffing-dish of Coales, and make your sirrups after the same manner, that you doe for Apricocke Cakes, and when your sirrup is boyled high enough, coole it a little before you put it into the platter, putting it in by a little at once, stirring it up continually: and so you shall be sure to have your stuffe as thicke, or as thin as you like best; then lay it upon your plates, and dry it as you doe your other Cakes, geffing at the quantity of your Suger, according to your owne best liking.

*To make Almond Milke.*

Take a rib of Mutton or Yeale, or rather a Chicken, boyle it in faire water, put thereto French Barley, a Fennell root, a Parsley root, Violet leaves, Strawberry leaves, and Cinquefoyle leaves, and boyle them altogether till the meat be over-boyled; then straine out the liquor from the rest: while they are boyling, blanch a proportion of Almonds, answerable to the liquor, beat them well in a clean stone Morter, & then grind them therein with Rosewater and Suger, and when they are well ground, put in all your liquor by litle & litle and grinde with them, till they be all well compounded; then straine it into a faire Glasle, and use it at your pleasure.

*To make a Cullesse.*

Take a Cocke, bruisse all his bones and put them into a pte of faire water, set it over a Charcoale-fire, boyle it and scumme it well: put therein French-barley, Fennell rootes sliced, and the pith taken out, Parsley rootes sliced, leaves of Violets, Strawberries, Lettice and Succory: boyle all these together till the Cocke be boyled all to pieces; then take a fit proportion of blanched Almonds, grinde them well with Sugar and Rosewater in a Stone Morter, then put to them the Cocke bones and all, and beat him all



peeces in the Morter, then put in all the broth by little and little, and compound them by beating, as in the Almond Milke, and so straine them out all into a faire Skillet, then put into it a fit quantity of large Mace and Sinnamon whole, but bruised, and alike of Ginger sliced; set it then upon the fire againe, and let it boyle halfe an houre, and keep it still with stirring, then letting it run through a cleane cloth into a Pipkin, there keepe it till you use it, and then warme it in a Porringer and drinke it.

*A Tart of Strawberries.*

Picke and wash your Strawberries cleane, and put them in your Paste, one by another as thicke as you can: then take Sugar, Sinnamon, and a little Ginger, finely beaten, and well mingled together, cast them upon the Strawberries, and cover them with the lid, finely cut into Lozenges, and so let them bake a quarter of an houre, then take it out, and strewing it with a litle Sinnamon and Sugar, serve it.

*To make a Jelly.*

Take either Veale, a Cocke, or ( which is best of all ) Calves feet, boyle them well in one water, or as they call it, scald them till you can get off the Skinne and Clawes, so make them very cleane, and let them coole.

Then set on more water, and when it seetheth, put in the Calves feet ( which for these proportions may be foure or sixe ) and let them boyle untill they will Jelly, which you shall know, and letting it stand till it be cold: when it is enough, straine the clearest from the other, and let the best stand till it be cold.

Then an houre after set it on the fire againe, and put to it a pint of White-wine, and so much Sugar as will make it sweet; two ounces of Sinnamon bruized in a Morter, one ounce of Nutmegs, and the white of one Egge well beaten, and when it beginneth to boyle, after they are put in, put in two or three spoonefuls of White-wine Vinegar: then make ready your white Cotton bag, and put in the bottome thereof, a sprig or two of Rosemary: and while this is doing, set the liquor on the fire againe; and when it beginneth to seethe, put in the white of one Egge more well beaten first: then take it off the fire, and let it runne through the Cotton bag, then take that which is runne through, set it on the fire againe; as soon as it seetheth, put in another white of an Egge, and



## *The Ladies Cabinet opened.*

7

and then let it runne through the bag againe: doe so againe the third time, after it is heated and clarified, and then it will bee enough; then put it up in glasses well covered, and not in pipkins or gallipots: and keepe it for your use.

### *A direction to make Iellie.*

Take three calves feet, flea and wash them very cleane, take also a fleshie Pullet, on a peace of Veale, picke the fat away and put them into an earthen pan or bason, and to them so much water as cover them, steepe it therein two dayes and a night, changing the water, and bruising the flesh sixe or seven times a day, then put it into a cleane brasse pot, poure to it more then a gallon of faire water, keepe it boyling and alwaies scummed, till it come to the heighth of Ielly, putting thereto first, when you see the liquor halfe wasted, more then a pinte of white Wine. When it is enough, straine it through a double linnen cloth, let it stand till it be cold, when if you can see any fat, take it off lightly: then poure the Ielly into a bason, set it on a Chafingdish of Coales, and put thereto of the finest Suger finely beaten so much as will sweeten it thoroughly, then take of Sinamon scraped and grosse beaten, halfe a pound, 3 Nutmegs, 1 ounce of white Ginger scraped and grossely bruised a little, and a very little ~~scraped and on-~~ ly broken, tenne Cloves bruised a little, and a very little white Salt, put to them the whites of eight Eggs (new laid) lightly beaten together, stirre them together till they be all thoroughly mixed, so let it boyle softly till it taste of the spice, and in the places where it riseth in boyling, drop in here and there a spoonefull of white wine vinegar, and lastly three spoonefulls of the best damaske Rose water; when you finde it boyled enough, take a cleane Ielly bag, put into the bottome of it, of time and Rosemary of each a branch, three branches of sweet Marjerome, a handfull of violets if they may be had: sprinckle the hearbes and bag with good store of damaske Rose water, hang the bag neare a good fire, and put therein your Ielly, taking great heed that no dust or smoake hurt it, and so let it runne into a cleane bason through your bag twice at least, then put it up in fittest fort for your use.

### *To make the Macaroones.*

Blanch a pound of the best Almonds, and put them in faire cold  
B water,



*The Ladies Cabinet opened.*

water, as you blanch them, then drie them out of the water in a cleane cloth, and beate them in a Morter: then take a Sawcer full of Rose water, wherein of Muske and Ambergrece halfe a graine of each is dissolved, and therewith still sprinkle the Almonds, as you beate them: and when they are almost beaten enough, put in by degrees a pound of fine Sugar very small beaten, and searced all but two or three spoonfulls: when they are beaten enough, put them into a dish, and take the whites of three Egges very well beaten, and the froth taken off, put the cleare thereof, to the Almonds with a spoonfull of fine flower, and the two or three spoonfulls of Sugar you left, and the rest of the Rose water with the Muske and Ambergrece, dissolved in it; mixe all these very well together in the dish, and lay them upon March-pane Paper, the bignesse and fashion of an Egge, laying them rough and high: Then put some other Papers, under your wafer Paper, for feare of burning, and bake them in an oven hot enough to bake a light oven Pudding, having a care that they scald not.

*A water.*

Take a Gallon of Gascoigne wine: of Ginger, Gallingall, Sinamon, Nutmegs, Graines, Cloves, Mace, Annis-seeds, Caraway-seed, Coriander-seed, Fennell-seed and Suger, of every one a Dramme, then take of Sacke and Ale, a quart a peece, of Cammomill, Sage, Mint, Red Roses, Time, Pellitorie of the wall, Wilde Majorame, Rosemary, Wilde Time, Lavender, Peneveroyall, Fennell rootes, Parsly rootes, and Setwall rootes, of each halfe a handfull: Then beate the spice small, and bruisse the hearbes, and put them altogether into the Wine, and so let it stand sixteene houres, stirring it now and then: Then distill it in a Limbecke with a soft fire, and keepe the first Pinte of the water by it selfe, for it is the best, and the rest by it selfe, for it is not so good as the first. The principall use of this water, is against all cold diseases, it preserveth youth, comforteth the stomacke, cureth the stone of what nature soever, using but two spoonfulls, in seven dayes. It preserved Doctor Stevens tenne yeares bed-red, that he lived to ninety eight yeares.

*The best way to Preserve Quinces white.*

First pare and core the Quinces, and boyle them in faire water.



water till they be very tender, not covering them. Then taking them out of the water, take to every pound of them two pound of Sugar, and halfe a Pinte of water, and boyle it to a sirrup scumming it well, then put in some of the Ielly that is washed from the Quince cornells, and after that making it boyle a little, put in your Quinces, boyle them very fast, keeping the holes upwards, (as neere as you can) for feare of breaking, and when they are so tender that you may thrust a rush through them, take them off and put them up in your glasses, having first saved some sirrup, till it be cold to fill up your glasses.

*A Special remembrance in doing them.*

When you Preserve Quinces or make Marmelade, take the Cornells out of the rawe Quinces, and wash off the Iellie (that groweth about them) in faire water; Then straine the water and Iellie from the cornells, through some fine Cobwebb Lawne, put the same into the Marmelade or preserved Quinces, when they are well scummed; But put not so much into your Quinces, as into the Marmelade, for it will Iellie the sirrup too much: Put sixe or seven spoonfulls of sirrup into the Iellie before you put it into the Marmelade; you must boyle your Quinces more for Marmelade then to preserve your Quinces, and least of them when you make your cleere Cakes.

When you would preserve your Quinces white, you must not cover them in the boyling, and you must put halfe as much Sugar more for the white as for the other. When you would have them Red, you must cover them in the boyling.

*To make Pomatum.*

Take the Leafe of a hogg new killed, lay it in water nine daies, keeping it close covered and shifting it three times a day; Then take it out of the water and beate it, and beate it with a wooden pestell in a stone Morter, then put into a great gallipot a branch of Rosemary, halfe a pound of Almonds blanchd and beaten, a quarter of a Pinte of Rose-water,



three or foure large Mace bruised, a graine of muske bruised, and upon them all put in the hogs leafe so beaten, and cover it very close: Then take a brasse pot, fill it so full of water, that the gallipot may stand two or three inches above the water in the same pot, let the brasse pot on a good Charcole fire, or such another fire as may make it seeth apace, & have no smoakie brands about it. Set a weight on the top of your gallipot, least it swimme and fall, and then let the brasse pot boyle so fast as may make the gallipot seeth also, and so let it seeth three houres, keeping in a kettle by on another fire some seething water, to fill up the brasse pot still as the water shall evaporate out of it by seething; then take out your gallipot, stirre the stuffe in it well together, and straine it through a fine cloth (which you must be sure must have no holes in it) into another gallipot, of the same size: and set that with the matter so strained in it, into the brasse pot, closestop, and let it boyle for an houre, then poure it into little gallipots for your use, but binde them not up till they be thoroughly cold.

*To make sweet-Bagges to lay in Linnen.*

Take damaske Rose buds, plucke them and drie the leaves in the shadow, the topes of Lavender flowers, sweet Margerome, and Basill, of each a handfull, all dried and mingled with the Rose leaves: Take also of Benjamin, Storax, Gallinall rootes, and Ireos or Orris rootes (twice as much of the Orris as of any of the other) beaten into fine powder; a peece of Cotten wooll, wetted in Rose water, and put to it a good quantity of Muske and Ambergrece, made into powder, and sprinkle them with some Civit dissolued in Rose water, lay the Cotten in dubble paper, and drie it over a Chafingdish or coales: lastly take halfe a handfull of Cloves and as much Sinamon, bruised, not small beaten, mixe all these together, and put them up in your Baggs.

*To Preserve Barberies.*

Choose the fairest bunches of Barberies you can get, picke off the withered and shrunke berries, and wash them cleane, drying them in a cleane cloth. Then take another good quantity of Barberies well picked, and boyle them in Clarret wine till they be soft, then straine them well through a strainer, rubbing or wringing them through: boyle this liquor, so strained out, with



## The Ladies Cabinet opened.

11

with Sugar, till it be very sweet and thicke, and then let it stand till it be cold: Then put your bunches or branches of Barberies into gallipots or glasses, and fill them up with this liquor, and so shall you have both sirrup of Barberies, and preserved Barberies.

### *How to preserve Barberies.*

First take the fairest Barberies, and of them the greatest bunches you can get, and with a needle take out the stones on the one side of them; then weigh out to every halfe pound of them, one pound of Sugar, put them into a preserving panne, strowe the Sugar on them, and let them boyle a quarter of an houre softly; then taking out the Barberies, let the sirrup boyle a quarter of an houre more, then put in the Barberies againe, and let them boyle a pretty while with the sirrup, then take them from the sirrup, let them both stand till they be cold, and so put them up.

*An excellent good Medicine or Salve for any Ache comming of cold, easie to be made by any Country good housewife.*

Take of good neatsfoot Oyle, hony and new waxe a like quantity, boyle them well together: Then put to them a quarter so much of Aquavita as was of each of the other: and then setting it on the fire, boyle it till they be well incorporated together; Then spread it upon a peece of thinne leather or thicke linnen cloth, and so apply it to the place pained.

*To take the Ague out of any place.*

Take Vervine and blacke Hemlocke, of each an handfull, boyle them in a pinte of fresh butter till they be soft and begin to parch againe: Then straine the butter from the hearbs and put it into a gallipot, and two or three times a day annoint the place grieved, with a spoonefull or two thereof. *Probat. Par. illum Denique.*

*For the Ague in children or women with child.*

Take Venice Turpentine, spread it on the rough side of a peece of thinne leather two fingers breadth, and strowe thereon the powder of franckinsence finely beaten, and upon it some Nutmeg grated; Binde this upon the wrists, an houre before the fit comes, and renew it still till the fit be gone.

*Backe weake or diseased. To strengthen &c.*

Take the pith of an Oxes backe, wash it in wine or ale, and beating it very small, straine it through a course cloth, and make



*The Ladies Cabinet opened.*

a Caudle of it, with Muskadine or strong Ale, boyle therein a few Dates sliced and the stones taken out, and drinke it first and last as warme as you can, walking well, but temperately after it: Toasted Dates often eaten are very good for the same.

*For a Paine or Ache in the backe.*

Take Nepe, Archangell, Parsly and Clarie, of each halfe a handfull, wash them cleane, cut them small, and frie them with a little sweet butter: Then take the yolkes of three or foure Egges, beate them well together, and put them to the Egges, frie them all together, and eate them fasting every morning, with some Sugar to take away the unfavourinesse of the hearbes. Some use to take only Clary leaves, and Parsly washed, not cut; or Clary leaves alone, and powring the yolkes of the Egges upon them, so frie them and eate them.

*To bring a woman to a Speedy birth.*

Take of Piony root dried, as much as halfe an Almond, beate it to very small powder, and give it the woman to drinke in an Aleberry.

*For the Same.*

Take Hisop, Vervine and Betony, of each one handfull: stampe them small with some old Ale, and straine out that Ale and juyce, and put as much more Ale, as make a prettie draught, and let the woman in her labour drinke it, and she shalbe speedily delivered.

*Baulme water.*

Take a gallon and a quart of Sacke, put to it Annis seed and Fennell seed of each one pound, Liquorice scraped and bruised a quarter of a pound, of Coriander seed corrected and Caraway seed, of each as much, Cowslip flowers clipt from the whites, and Rosemary flowers well pickt, of each one pound; of red Mints, wilde Time, of each a good handfull, and of Baulme two pound, steepe all these first in the Sacke foure houres, in the brassepote wherein they shalbe distilled, and then distill them in a Limbecke.

*For a sudden Bleeding at the Nose.*

Burne an Eggshell in the fire, till it be as blacke as a Coale, then beate it to a fine powder, and let the party snuffe it up into his nostrils.



*To stop Bleeding of a Wound.*

Take Veryine dried and made into powder, and put it in the wound, and it will leave bleeding. Burne also the soale of an old hose, and put in the Ashes into a wound, and it will leave bleeding.

*To stop inward Bleeding.*

Drinke the juice of Nepe, and it will helpe you.

*To heale the Cut, or sore Breast of a Woman.*

Take Buglosse and Yarrowe of each two handfulls, stampe them, and straine them with the third part of a pinte of good Ale, then stampe the hearbes againe, and straine them with an other third part of a pinte of good Ale, then stampe and straine them againe the third time, and you shall have neere a quart of the Ale; keepe this in a glasse close stopped, and let the patient drinke of it first in the morning, and last in the evening three spoonfull at a time, but if you make this for a sore breast, if the breast be broken, take three handfulls of Yarrowe.

*To drie up a Womans Breasts.*

Take a pennie worth of Oyle of Linseed, white waxe halfe a penny worth, of English hony a pennie worth, and halfe a quarter of a pinte of sweet Butter, boyle all these to a plaister and lay it on the breast. Master Buxton. Colchester.

*An approved good Medicine for running of the Reines.*

Make Almond milke of Plantaine water, or else boyle plantaine in the liquor wherof you make your Almond milke; take a quart of it, and put thereto three spoonfulls of Lentine Earine, and three spoonfulls of Sinamon water: take of this at sixe in the morning a good draught, two houres before dinner an other, at foure of the clocke after noone a third, and two houres after supper a fourth: and twice or thrice betweene meales eate a spoonfull of conserve of red Roses at a time.

*A Medicine for Burning or Scalding.*

Take Maidenwort stampe it, and see the it in fresh butter, and therewith annoint the place grieved presently.

*To take away the Spots or red Pimples of the face.*

Take halfe a Pinte of raine water, and halfe a pinte of good verjuice, see the it till it be half consumed, the whiles it boileth fill it up againe.



*The Ladies Cabinet opened.*

again with juyce of Lemmons, and so let it seeth a pretty while; then take it from the fire, and when it is cold put to it the whites of foure new laid Egges well beaten, and with this water anoint the place often.

*For the Canker in a womans Brest.*

Take Goose dung and Celidonic, Rampe them well together, and lay it plaister-wise to the sore, it will cleanse the Canker, kill the worme and heale the sore.

*For the Canker in the Mouth,*

Take the juyce of Plantaine, vinegar and Rose water, of each a like quantity, mingle them together, and wash the mouth often with them.

*To make a Tooth fall out of it selfe.*

Take wheate Flower and mixe it with the milke of an hearbe called Spurge, make thereof a paste, and fill the hole of the tooth therewith, and leave it there, changing it every two houres, and the tooth will fall out.

*To take away the cause of the paine in the Teeth.*

Wash the Mouth, two or three times together in a morning every moneth with white Wine, wherein the root of Spurge hath beene sodden, and you shall never have paine in your Teeth.

*A Preservative against the Pestilence, when it is first suspected.*

Take a halfe-pennie weight of English Saffron, two pennie weight of Bole Armoniacke, one pennie weight of Mace, made all in fine powder, and of Treacle the quantity of a hassell nut, put them all in small Ale luke warme, mixe it well with the Ale, and let the partie drinke it, and lie downe on a bed, and lay upon him a Temperate quantity of clothes, and so let him sweat two houres.

*For a Consumption.*

Take Ash Keyes, so soone as they looke withered, set them into an oven (the bread being drawne) in a pewter or rather an earthen ditch, and being so dried, pill off the out-side, and reserving the inner part of the seed or Keies, beat them to fine powder, and either mixe it with good English honie, and so eate of it first and last morning and evening, a pretty deale of it at once, upon the point of a knife, or else drinke of the powder in some perfect Ale or thin broth. Marcs milke drunke also warme morning



ning and evening is a soveraigne medicine for it.

*An easie and approved Medicine for a quartaine Ague.*

Take a white flint stone, (for it will best endure the fire without breaking) burne it in the fire till it be red hot, then quench it in ordinary Beere, and let the patient drinke of it a little before the fit commeth, and likewise in the fit. Let this be done three or foure severall dayes, at the time when fit is expected. A woman by this onely medicine did cure divers of quartaine Agues, when long and much Phisicke could not prevaile.

*An excellent medicine for the Cough of the Lungs.*

Take Fennell and Angelica, of each one handfull, the leaves in Summer, rootes in winter, sliced figgs twelve, but if the body be bound twenty at least, Greene Liquorice (if you can) two or three good stickes, scraped and sliced, Anniseeds cleaved and bruised two good spoonfull, two or three Parsely rootes scraped and the pith taken out, and twenty leaves of Folefoot: boyle all these in three pints of Isop water, to a pint and halfe, then straine it out into a glasse, putting as much white Sugar Candie to it as will sweeten it: Drinke hereof being warmed five spoonfulls at a time first in the morning and last in the evening, taking heed that you eat nor drinke any thing two houres before or after, continue this till it be all done.

*To cure the Dropisie be it Hot or Cold.*

Take of the tops of Red Mint, of Archangell or blinde nettles, and red Sage, of either of them tenne or twelve, stampe them all together and straine the juice of them into some stale Ale, so much as will serve to drinke morning and evening: doe the like every day for nine or tenne daies together, and (God willing) it will doe away your disease.

*For the Pinne and Web in the Eye.*

Take the Gall of a hare, and clarified honie, of each a like quantity, mingle them well together, and annoint the web with a feather dipped in the same, and within three or foure dayes it will take it quite away.

*A Plaister to take away the Filme on the Eye.*

Take a rotten Apple, the yolke of one Egge, and as much grated Manchet as will make it pretty stiffe, and then put to it two spoonfulls of Egrimony water, two of Eyebright water, and two



of red Rose water, or all fixe of red Rose water, for want of the other two, beate all these together, till it be stiffe enough to spread, then make a plaister of it and lay it to the Eye, and when you take off the plaister to renewe it, wash the Eye with some of these waters, mixed equally together to cleare it againe.

*A Medicine for sore, Bloudshoten and Rheumaticke Eyes.*

Take ground Ivie, Daiesies and Coledony of each a like quantity, stampe and straine out the juyce of them, and put to it a little browne Sugar Candie dissolved in a little while Rose water, and drop two or three drops of this Liquor at one time, into the griev'd Eye or Eyes with a feather, lying upon the backe when you doe it, and an houre after. This by Master *Waldgraves* owne experience, and by divers others to whom he taught it, proved to be the best Medicine for Eyes: for it taketh away all inflammations spots, webs, itches, smarting, or any grieve whatsoever in the Eye, yea though the sight were neere hand gone.

*A Glistre to open and loosen the Body being bound, which may safely be ministred to any man or woman.*

Take Mallowes and Mercury unwashed of each two handfulls, halfe a handfull of barlie cleane rubbed and washed: boyle them in a pottle of running water to a quart, then straine out the water and put it in a skillett, and put to it three spoonefulls of Sallet Oyle, two spoonefulls of hony and a little salt: then make it luke warme, and so minister it.

*The greene Salve which closeth up Sores being well drawne.*

Take halfe a pound of Waxe, one pound of May-butter, set it on the fire and boyle it: then take an handfull of Plantane, halfe a handfull of Ribwort, Brooklime and Smallage of each as much; Valeria two handfulls, Organelle, Tutsaine and Three-leaved grasse of each a handfull, ground Ivie halfe a handfull, Elder flowers while they be greene a handfull, cut them small and seethe them altogether in the Waxe and butter till they be ready to straine: then straine them, and keepe the Salve either in gallipot, or in a round Roll, rolled up in Parchment.

*To cleanse the Head and take the Ache away.*

Chawe the Root of Pellitory of Spaine often in the mouth.

*Harts horne Telle.*

Take two ounces of Harts-horne, filed (not scraped) very fine.  
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steepe it in a quart of faire water, and let it stand so all night upon hot embers, stirring it when you goe to bed, and covering it: In the morning put foure pints of water more to it, then boyle it a good space on the fire, till it will jellie, and when the liquour is almost three quarters boyled in, then straine it, and put to it a little Sugar, and as much juyce of Lemmons as will make it sharpe, and a little Ambergrece: Then let it stand and coole and so put it up for your use. It is Excellent good for those that are brought low with burning Agues, giving them three or foure spoonefulls fasting, morning and evening, and about nine in the forenoone, and three in the afternoone.

*A medicine that hath healed old sores upon the Legs that have run so long, that the Bones have beene seene.*

Take a quantity of good sweet Creame, and as much Brimstone beaten in fine powder as will make it thicke like paste, then take so much sweet butter as will worke it into the forme of an oyntment, and herewith annoint the place greived twice a day.

*An oyntment for a Rapture.*

Take of Sanicle two handfulls, of Adders tongue, Doves foot and Shepherds purse, of each as much, of Limaria one handfull, chop them somewhat small, and boyle them in Decres suet, untill the hearbes be crumblic and waxe drie.

*A powder for the same.*

Take Shepperds purse, and Doves foot of each a like quantity, drie them untill they rub to a powder, and drinke thereof, halfe a spoonefull in halfe a pinte of broth.

*A Barly water to purge the Lungs and Lights of all diseases.*

Take halfe a pound of faire Barly, a gallon of running water, Liquorice halfe a ounce, Fennell seed, Violet leaves, Parslie seed, of each one quarter of a ounce, red Roses as much, of Ilope and Sage dried, a good quantity of either, of Harts tongue twelve leaves, a quarter of a pound of Figgs, and as many Raisons, still the Figgs and Raisons put them all into a new earthen pot, with the water cold, let them sethe well, and then straine the clearest from it, drinke of this a good quantity, morning and afternoone, observing good diet upon it, it taketh away all Agues that come of heat, and all ill heat: it purgeth the Lights, Spleene, Kidnies and Bladder.



*A very Gentle purge. Gerard pag. 1115.*

Take Borage, Buglosse, Balme and Fumitory of each three drammes, Sene of Alexandria well prepared and poudred two ounces, strowe the powder upon the herbes, and distill them, reserving the water to purge with, for such as cannot endure strong purges, it being taken in white wine, Sugar, or some other dainty waies not offending the tast, you may according to the nature of the disease adde Agaricke, Nirabolanes &c. If Sene be infused in whay, and then boyled a little, it is very good Phisicke for Melancholy, purging the Braine, Heart, Liver, Lungs, and Milt, it causeth a man to looke young, breedeth mirth, cleareth the sight, and strengtheneth the hearing, it is very good against old Agues, and all diseases caused by Melancholy.

*To cure the disease of the Mother.*

Take sixe or seven drops of the spirit of Castoreum, in the beginning of the fit, in two or three spoonfulls of posset Ale, applying a plaister of Gavanum to the Navell.

*To Ripen and to Heale a Felton.*

Boyle Clarret wine and Wheat flower to a poultesse, and spreading it very thicke, apply it as hot as you can endure it.

*Oyle of Almonds.*

Take Almonds, blanch them, and put them into a pot, and set that pot in another pot of water that boyleth, and the steame of the seething pot, will arise and enter into the pot with the Almonds, and that will become Oyle, when they are stamped and wringed through a cloth: thus they make Oyle of the Kernells of Filberts, Walnuts &c.

*A water for a sore Mouth.*

Take of Sage, Rosemary, and Woodbine leaves, a like quantity, viz. a handfull and halfe of either, boyle them in a quart of running water, with as much of the best Allome as an Egge, and let them boyle to a pinte, then put in a pinte of white wine, and let it boyle againe, and so soone as it boyleth take it off the fire, and let it coole, and then put it up in a glasse, and therewith wash your mouth morning, evening and at night, and other times as cause requires till it be well.

*Oyle of Sage.*

Take the Sage, and boyle it in Oyle of Olives, till it be thicke and



## *The Ladies Cabinet opened.*

and Greene : then straine the Oyle from the Sage, and reserve it.

### *Oleum Laureum.*

Take Bay leaves, grinde them well, and boyle them in Oyle of Olives till it be Greene, then straine it and coole it &c. This is for coldnesse in the Limmes, Palsies and such mortifications &c.

### *Oyle of Tobacco.*

Take the Greene leaves of Tobacco, cut them small and put them into a glasse or gallipot well stopped, then fill it up with Sallet Oyle, set it a good while in hot water or in the sunne fourtie daies, and you shall finde it a pretious Balme.

### *Oyle of Roses.*

Take Sallet Oyle, and put it into an earthen pot; then take Rose leaves, clip of all the white, and bruise them a little, and put them into the oyle, and then stop the pot close with paste, and set it into a boyling pot of water, and let it boyle one houre; then let it stand all one night upon hot embers, the next day take the Oyle and straine it from the Roseleaves into a glasse, and put therein some fresh Roseleaves clipt as before, stop it and set it in the sunne every day for a fortnight or three weekes.

### *Oyle of Creame.*

Take Creame and seeth it softly, upon some embers, and it will become an Oyle: this will cure the gout in a haukes leg.

### *Oyle of Swallowes.*

Take two dozen or twentie Swallowes out of the nest, a good handfull of Rosemary, as much Lavender cotten, and as much Strawberrie leaves strings and all, stampe all these together, and frie them all together in May butter or rather sallet Oyle, till the rawnesse be gone, then put it in an earthen pot fast stopped nine daies, and then frie it againe, wring it through a cloth and keepe it in a glasse or gallipot, and being warmed annoint the place grieved therewith, it is good for all Aches, and for the shrinking of Sinewes.

### *Oyle of Roses.*

Take a pinte of good Sallet Oyle, or more as you please, then take as much red Rose leaves, the white clipt off three quarters of a pinte, put them into a stone pot, stop it close with paste, and set it so long in a greater pot of boyling water, till the strength of the Roses be gone into the Oyle, then wring the Roses through



## *The Ladies Cabinet opened.*

a Canvas cloth till they be drie, then put in newe; stop them, boyle, straine and change them thus foure or five times, till you thinke it strong enough of the Roses; then put it up for your use. This is the best Patterne for these Oyles.

### *The use of Oyle of Violets.*

Oyle of Violets Camomill, Lillies, Elder-flowers, Cowslips, Rue, Wormewood, and Mint, are made after the same sort. Oyle of Violets if it be rubbed about the Temples of the head, doth remove the extreame heat, asswageth the head-ach, provoketh sleepe and moisteneth the Braine: it is good against melancholy, dullnesse and heavinesse of the Spirits, and against swellings and sores that be overhot.

### *The use of the Oyle of Camomill.*

Oyle of Camomill is good in glisters for the Agues, that come of costive stoppings; it asswageth all paine and Ache, it cureth wearied, and bruised parts, it looseth and softneth hard and swolne parts, and openeth all which is stopped.

### *The use of Oyle of Lillies.*

Oyle of Lillies is good to supple, mollifie and stretch sinewes that be shrunk, it is good to anoint the sides and veines, in the fits of the stone.

### *The use of the Oyle of Elder-flowers.*

Oyle of Elder-flowers is good for the hardnesse and paines of the liver and spleene, if the sides be therewith anointed; But you must not come neere the bottome of the bellie where the bladder lies, nor the hollow of the Stomack: It is very good to apply to green wounds, with some lint dipped in it, for it cooleth and healeth them, and also festring sores.

### *Oyle of Cowslips.*

Oyle of Cowslips, if the nape of the necke be anoynted with it, is good for the Palsie; it comforteth the sinewes, the heart & head.

### *The use of the Oyle of Rue.*

Oyle of Rue is good to be used in Glisters against the Collick and Stone: It is good for the Kings Evill, or any swellings in the throat; it doth warme and dissolve cold humors in any joynt; it provoketh Urine, being anointed about the region of the Bladder; it is good to anoint the Spleene for the stopping of it.



*The use of the Oyle of Wormewood.*

Oyle of Wormewood is good for straines and bruises, and to comfort the stomacke. It is made of the greene herbe, as are the Oyles of Camomile, Rue, and Mint.

*The use of the Oyle of Mint.*

Oyle of Mint comforteth the stomacke, overlaid and weakened with casting: it doth drive backe and dry up womens breasts, and doth keepe them from being sore, being there with anointed.

*To make the Oyle of Salerne.*

Take Southernwood, Wormewood, Lavender tender Cropps, Rose-leaves, Camomile, Saint Johns Wort, Red-Sage, Rosemary tops, of each one handfull: cut them somewhat small, as it were about an Inch long, and bruise them a little; then put to them a pint of the best *Aqua-vita*, and a pottle of the best Sallet-Oyle you can get: boyle them an houre and halfe upon a soft fire, keeping them from burning, with continuall stirring; then straine it through a linnen cloth, and when it is cold, put it up in a glasse, and keepe it for all cold infirmities. When you use it, warme the Oyle a little, and warme your hand against a Chaffing-dish of Coales, and annoint the place pained therewith.

*How to compose the Oyle of Excester.*

Take one pound and a halfe of the Flowers of Cowslips, and steepe them in three pints of the best Candy Oyle, and let them so stand three weekes, or a moneth: and then take of Calamint, Saint Johns-wort, Sage, Egremony, Sothernwood, Penniroyall, Wormewood, Lavender, Parietary, Rosemary, Camomile, Pellitory of Spaine, Bay-leaves, Scabious, of each a handfull: beat them in a stone Morter, as small as you can, then straine the Cowslip-flowers from the Oyle, and stampe them among the other herbs as small as you can, and put them altogether in a quart of White-wine, and let them stand therein twenty foure houres, then put the Oyle to them, and boyle them upon a soft fire, till they be so incorporate together, that it is all become oyle: then letting it coole a little while, straine it into some earthen panne, there keep it till it be cold, and then put it up in some glasse or Gally-pot.

*The Syrrup of Violets.*

Take faire water, boyle it, scumme it, and to every ounce of it so boyled and scummed, take six ounces of the blew of Violets  
only



nely: shift them as before nine times, and the last time take nine ounces of Violets, let them stand between times of shifting twelve houres; keeping the liquor still on hot Embers, that it may be milke warme, and no warmer, after the first shifting: you must stampe and straine your last nine ounces of Violets, and put in onely the juyce of them, then take to every pint of this liquor thus prepared, one pound of Sugar finely beaten, boyle it, and keepe it with stirring, till the Sugar be all melted, which if you can let be done before it boyle, and then boyle it up with a quicke fire. This doth coole and open in a burning Ague, being dissolving in Almond milke, and taken: especially it is good for any inflammation in children: the Conserues are of the same effect.

*Sirrup of Century.*

Take the Flowers and greene leaves of Century, and boyle them in a good quantity of faire water, being first boyled, and well scummed before the Century come in: when you thinke it is boyled enough, set it upon the hot Embers for twelve houres, shifting it againe and againe, till you thinke it be strong enough of the Century, then take to every pint of the Liquor thus boyled, a pound of Sugar, and so boyle it up. It cleanseth the stomack, killeth Wormes, Agues, and the greene Sicknesse: it must be taken in the morning with Mace Ale.

*Sirrup Grest a, or Sirrup of unripe Grapes.*

Take a good Basket full of unripe Grapes, let them three dayes in a vessell after they be gathered, stampe them and straine out the juyce of them, take thereof fixe quarts, boyle it with a soft fire, till the third part be consumed, then foure quarts will remaine. Let that runne through a Wollen bag, and stand till it be cleere in it selfe then take of the cleere of it seven pints, put thereto five pound of clarified Sugar; boyle them together to the thicknesse of a Sirrup, and keepe it in a glasse. It is good for a perbreacking stomacke proceeding of Choller, and for a swelling stomacke; it taketh away thirst and drinesse, and Chollericke Agues. It is a great comfort to the stomacke of women being with child; it is a preservative against all manner of venome and against the Pestilence.

*Sirrup*



*Sirrup of Roses.*

Take Damaske Roses, clip off the white of them, and take sixe ounces of them to every pinte of faire water, first well boyled and scummed: let them stand so as abovesaid, twelve houres, as you did in the Sirrup of Violets, wringing out the Roses, and putting in new eight times, then wringing out the last, put in onely the juyce of foure ounces of Roses: so make it up as before. If you will put in Rubarbe, take to every pinte two drammes, slice it, string it on a thred, hang it within the pot after the first shifting, and let it infuse within your Roses. Some use to boyle the Rubarbe in the Sirrup, but it is dangerous. This Sirrup purgeth Choler and Melancholly.

*Sirrup of Wormewood.*

Take halfe a pound of Wormewood leaves, of red Roses two ounces, of Spikenard three drammes, of old and wellrelisht white wine two ounces, juyce of Quinces two pound and a halfe. Let all these stand a day and a night in a stone pot, then let them boyle softly to the one halfe, so let it coole, straine it, and clarifie it with the white of an Egge: then put to it two pound of good English honey, and let them boyle a little together, then straine out the liquor, and with Suger boyle it up to a Sirrup.

*Sirrup of Cowslips.*

In stead of running water you must take the distilled water of Cowslips, put thereto your Cowslip flowers cleane picked, and the greene knobs in the bottome cut off: and therewith boyle up a Sirrup, as in the Sirrup of Roses is shewed. It is good against the Frenzie, comforting and staying the head in all hot Agues &c. It is good against the Palsie, and procures a sicke Patient to sleepe: it must be taken in Almund Milke, or some other warme thing.

*Sirrup of Borage and Buglosse.*

Sirrup of Borage and Buglosse are made of the same sorr: they coole, open and comfort the body.

*Sirrup of Calamint.*

Doth warme and comfort the stomacke: it is made *supra.*

*Sirrupe of Scabiose.*

Sirrup of Scabiose is made of the juyce of the herbe, strained  
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and clarified as the juyce of Folefoot: and the flowers infused or steeped, shifted and boyled up as of Roses. It clenseth the brest and Lungs, cureth an old cough and Impostumes of the brest, and of all other inward parts, cleansing, riping and healing the same.

*To make Sirrup of Saffron.*

Take to a pint of Endive water two ounces of Saffron finely beaten, and steepe it therein all night: the next day seeth it, and straine out the Saffron; then with Sugar boyle it up to a Sirrup.

*Sirrup of Folefoot or Colts-foot.*

Take the Leaves of Folefoot, wash them very faire, and wipe them with a cleane linnen cloth, leafe by leafe: and then lay them on a cleane cloth to dry, till all the wet be off them: then beat them in a Morter, and put them into a Strainer, and wring out all the juyce you can out of them, and put it into Glasses, and let it stand in them to settle all night, the next day poure out the clearest of the juyce from the Grounds into a faire Bason, and taking for every pint thereof a pound of Sugar finely beaten, boyle the juyce of Folefoot softly on a Charcole fire, and when you have well scummed it, put in the Sugar according to his proportion, and so let the boyle together, keeping it with due scumming, untill (to see when it is enough) it will stand on a stiffe purle when you drop some of it upon a Plate of silver, or a Sawcer: then take it from the fire, poure it through a Jelly bag into a cleane Bason, putting first a branch or two of Rosemary into the bags bottome: then keepe it with stirring with a spoone, till it be lukewarme, for else it will have a Creame upon it: So letting it stand all night in the Bason well covered, the next day put it into such glasses, as you meane to keepe it in. It is good to open the brest, and Lungs, and cureth old Coughes.

*To kill Warts, an approved Medicine.*

Take a Raddish root, scrape off the outer side of it, and rub it all over with salt, then set it, (thus dressed) upright in a Sawcer, or some other small dish, that you may save the liquor which runneth from it: and therewith annoint your Warts three or foure times in a day, (the oftner the better) and in five or sixe dayes they will consume away. *Sape probatum.*



*A purge to drive out the French Poxe, before you use the ointment.*

Take halfe a pint of good *Aqua-vita*, one ounce of Treacle of Gene, one quarter of an ounce of *Spermaceti*; boyle all these together on a soft fire, halfe a quarter of an houre, and let the Patient drinke this as warme as he can, and lie downe in his bed and sweat: and if any of the disease be in his body, this will bring it forth, and bring him to an easie looleneffe. This is thought the best and surest of all other Cures, for this infirmity.

*The Ointment for the French Poxe.*

Take Barrows grease well tryed from the filmes, beat it in a Morter, till it be small and fine: put thereto of Lethargie one ounce, of Salt-Peter two ounces both in fine powder: of *Sal-gemme* one ounce, of Masticke in fine powder two ounces, of *Olibanum* in powder one ounce, of Oyle of Spike one ounce, Oyle of *Pulliolum* one ounce, of Turpentine one quarter of a pound: Beat all these together into a perfect Ointment, and therewith anoint these places.

*What places to anoint for the French Poxe, viz.*

The principall bone in the Nape of the neck without the shoulder places, taking heed it come not neere the Channell bone, for then it will make the throat swell, else not; the elbowes on both sides; the Hip bones: the Share; the Knees; the Hammes and the Ankles: If the Patient have no Ach, anoint not these places, but onely the Sores till they be whole. If there be any Knobs lying in the flesh (as many have) anoint them often, and lay Lint upon them, and browne Paper upon the Lint: and keepe the Patient close out of the Aire, and this used will make him whole in ten dayes, by the grace of God.

*Another purge to heale the French Poxe without Ointment.*

Take a great handfull of *Cardus Benedictus*, of unfer Leekes leaves & all, if they be great 6, if smal, 10: cut these herbs small, & put them in an earthen Pan, & with a quart of small Ale or white wine, and one ounce of Coloquintida, boyle them to halfe a Pint of liquor, then strain out the liquor, & keep it in a glasse: & two or three daies before you set the Patient to sweat, if his body be of a strong constitution, let him drinke halfe of it, if he be weake, a third part thereof; taking care that the Signe and day be good to purge in.



*For the Piles.*

Set a Chafingdish or a Pan of coales, under a close stool-chaire, or in a close stoole case, and strew Amber beaten in fine powder upon the coales, and sit downe over it, that the smoake may ascend up into the place grieved.

*An especiall good Medicine to make the Piles bleed.*

Beat the yolke of an Egge and some Sallet Oyle or Oyle of Roses together, with some Saffron, and spread it upon a peece of Leather, and lay it to the place grieved.

*A Medicine for the Piles.*

Take a little Orpine, Hackdagger, and Elecampane, stampe them altogether with Boares grease into the forme of an ointment, and lay them to the place grieved.

*A Callesse to stop the Bloody Flix.*

Take a gallon of faire running water, and a quart of Red wine, boyle therein a Cocke or a Henne, of Bramble leaves, Ribwort, Oaken buds, Plantaine, Bursa Pastoris, Knotgrasse, stones of Raisins of the Sunne, of each one handfull: and so let them boyle to the one halfe, or more. Then take one pound of unblanched Almonds, stamp them and strain them with this broth, and put thereto a boxe of Quidony of Quinces, a spoonfull of powder of Pomegranate riuides, the powder of Sinamon, and of Rose-leaves of each as much, two cakes of *Manus Christi*, halfe a cake of *Terra Sigillata*, and a little Sugar to make it sweet; boyle them altogether about one quarter of an houre, then streine out the liquor, and let the Patient drinke thereof morning and evening an houre before he eateth any thing.

*Flos Unguentorum.*

Take Rosin, Perofine, Virgin Waxe, of each halfe a pound, melt all these together, and put into them one quarter of a pound of Rosemary tops beaten small; put then to them altogether, a pottle of White wine, let them boile well together, then straine them through a course linnen cloth into a pot or pan, and when it is cold put the wine from it as much as will, and melt the Medicine again, and put therein two ounces of Camphire, Venice Turpentine one quarter of a pound, Sallet oyle halfe a pint, and let it boyle a little, and put it up in some gallipot for your use. It is good for new or old wounds, for sinewes sunke, started, or sprung, to draw out



out thorns, or broken bones, healeth Biles, all Aches of the reines and backe, swelling of the members and the emerauds.

*A Diet for the Patient that hath Vleers or Wounds that will hardly be cured with ointments, salves, or Plaisters.*

Take one pound of Guaicum, boyle it in three pottles of Ale, with a soft fire to the consuming of two parts : but if it be where you may have wilde Whay, or Cheefe Whay, they are better : let the Patient drinke of this morning and evening halfe pint at a time, and let him sweat after it two houres. His drinke at his meales must thus be used ; put into the same vessell where the former was made, to the Guaicum that is left, three pottles of Ale, (and not Whay) let it boyle to the one halfe, let him drinke thereof at all times, and at his meate which must be but one in a day, and that so little that he may rise hungry : thus must he doe five dayes together, but he must first be purged.

*A Barly Creame to procure sleepe, or Almond Milke.*

Take a good handfull of French Barly, wash it clean in warme water, and boyle it in a quart of faire water to the halfe, then put out the water from the Barley, and put the Barly into a pottle of new cleane water, with a Parsley and a Fennell root, cleane washed and pick'd, with Borage, Buglosse, Violet leaves and Lettice, of each one handfull : boyle them with the Barly till more then halfe be consumed ; then straine out the liquor, and take of blanched Almonds a handfull, of the seedes of Melons, Cucumbers, Citruls and Gourds, Husked, of each halfe a quarter of an ounce ; beate these seeds and the Almonds together in a stone Motter, with so much Sugar and Rosewater as is fit, and straine them through a cleane cloth into the liquor, and drink thereof at night going to bed, and in the night. If this doth not sufficiently provoke sleepe, then make some more of the same liquor, and boyle in the same the heads, or a little of white Poppie.

*An outward Medicine for the same.*

Take red-Rose leaves or Cakes, and fine white bread crummes, mixe them well together, and wet them thoroughly with red Rose-water and Vinegar, and womans Milke if you can get it : then taking off the cold of it, lay it to the Temples of the head.



*The Ladies Cabinet opened.*

*A Medicine to breake and heale sore breasts of Women used by Midwives, and other skilfull Women in London.*

Boyle Oatemeale of the smallest you can get, and red Sage together in running or Conduit water, till it be thicke enough to make a Plaister; and then put into it a fit proportion of hony, and letting it boyle a little together, take it off the fire, and while it is yet boyling hot, put therto so much of the best Venice Turpentine as will make it thicke enough to spread; then spreading it on some soft Leather, or a good thicke linnen cloth, apply it to the breast, and it will first breake the sore, and after that being continued, will also heale it up.

*The blacke Salve.*

Take one pound of Red Lead, finely ground, of Oyle of Roses one pound and a halfe, of Bee-waxe halfe a pound, of White-wine Vinegar fixe ounces, boyle them altogether, and make a Plaster of it.

*For the Scall or Scabbinessse of the Head.*

Take of Red Sage, Woodbinde leaves, and ground Ivie a like quantity, in all so much as a good handfull; boyle them in a pint of Hogs-grease, a quarter of an houre, then straine the Medicine from the hearbs, into a Gally-pot, and therewith daily anoint the head. *Probatum.*

*A Medicine that hath recovered some of the Dropfie, whom the Physitians have given over.*

Take greene Broome, and burne it in some cleane place that you may save the Ashes of it: take some ten or twelve spoonfuls of the same Ashes, and boyle them in a pint of White wine till the vertue of it be in the wine: then coole it, and draine the Wine from the Dregs, and make three draughts of the Wine; and drinke one fasting in the morning, another at three in the afternoon, another last at night neere going to bed, continue this and by Gods grace it will cure you.

*An especiall Medicine for all manner of poyson.*

Take Hempseed, dry it very well, and get of the Husks, & beat the Hempseed into fine powder; take Mintes also, dry them and make them into powder: Boyle a spoonfull of either of these in halfe a pint of Goats-milke, a pretty while, then put the Milke into a Cup to coole, and put into it a spoonfull of Treacle, and



and stir them together till it be coole enough; then drinke it in the morning fasting, and eat nothing till noone, or at least two houres; doe the like at night, and use it so three dayes, and it will kill and overcome any poyson.

*A very good Medicine for the Stone.*

Make a posset of a quart of Rhenish wine, a pinte of Ale, and a pinte of milk; then take away the Curd, & put into the drink two handfulls of Sorrell, one handfull of Burnet, and halfe a handfull of Baulme: boyle them together a good while, but not too long, lest the drink be too unpleasant: then take of the drinke a quarter of a pinte, or rather halfe a pinte at once, at morning and to bedward, putting therein first two or three spoonfulls of juyce of Lemons. This is an excellent Medicine for the Stone in the Kidnies, to dissolve and bring it away. It is very good in these diseases of the Stone to use Burnet often in your drinke at meales; and often to keepe it in over night, and in the morning put in three or foure spoonfulls of juyce of Lemmons, and to drinke thereof a good draught every morning a weeke together about the Full Moone, three dayes before, and three dayes after.

*Unguentum Populeonis, commonly called, Pompillion.*

Take a gallon of Boares-grease, as much of Popple buds when they first put out, and a handfull of Smallage; stampe the herbes and the Bores grease together, put them together in an earthen pot well stopped, and set it in an horse dung-hill fourteene daies together; then boyle it over the fire about a quarter of an houre, keeping it still with stirring: when you are ready to take it off the fire, put therto halfe a pinte of the best Sallet or Olive oyle, & stir them wel together; then let them boile a litle, & strain it into an earthen pot; which there close covered, will keepe good 7 or 8 yeares.

*A Receipt for a backward busnesse.*

Take a pinte of milke, and make a cleare posset with either Ale or Beere, and take off the curd very cleane; then take an handfull of Violet leaves, a handfull of Mallow leaves (and the flowers if you will) and wash them; also take a handfull of Damask rose leaves, either dried or otherwise, and a good spoonfull of Anniseeds rubd from their dust, and then bruised in a mortar, and so boyle all together in the posset drink, till it come to somewhat lesse than a pinte: then take it off from the fire, and put into it three spoonfulls of red  
Suger,



Suger, then strain it out, and put into it 3 Spoonfulls of the Oyle of Camomill flowers: and if you have none of that oyle, then take as much Butter as two walnuts; also take the yolks of two new-laid Eggs, and beat them; then mingle all well together with a spoon, stirring it thoroughly, & then put it up into the bladder, and so take it, but not too hot. Though red Sugar be best and most usuall for Glisters, yet if you have none of that, as much course powder Sugar will doe very well.

*Doctor Lewins Unguentum Rosatum, good for the  
heat in the Backe.*

Take a certaine quantitie of Barrows grease, of oyle of sweet Almonds & Rosewater, either red or damaske, of each a like quantitie, but of neither so much as of the Hogs grease; beat them together to an oyntment, put it in some gally pot, and when you would use it, heat it, and therewith annoint the Back and Reines.

*Unguentum Sanatinum.*

Take of Turpentine one pound, Wax six ounces, oyle of Camomill halfe a pinte, put all these together in a pan, and put to it a handfull of Camomill bruised or cut very small: boyle them upon a soft fire till they be well melted and no more: then take it from the fire, and straine it into a cleane pan, and so let it coole all night, and in the morning put it up for your use. This Oyntment is good for any cut, wound, or breaking of the flesh: it catch away dead flesh, and ranklings, and doth heale againe quickly.

*A Searcloth for all Aches.*

Take Rosen one pound, Perrosen a quarter of a pound, as much Mastick, Deeres suet the like, Turpentine two ounces, Cloves bruised, one ounce, Mace bruised two ounces, Saffron two drams; boile all these together in oyle of Camomill, and keepe it for your use.

*An oyntment for an Ach, to be made any time of the yeere,  
and is approoved good, and hath helped olde  
paines, griefes and aches.*

Take Steeres gall, Sallet Oyle and Aqua vitæ, of each five spoonfulls, boyle them together a little, and therewith anoint the place pained by the fire, and lay a warme cloath on it.

*An Oyntment for the Sciatica.*

Roast a handfull or two of Onions, and take Neatf-foot Oyle, and Aquavita of each a pint: stampe, or rather boyle all these together



gether, to an oyle or ointment : and straine it into a Gallipot, and therewith annoint the place grieved, as hot as you can endure it, morning and evening.

*A water to drive out any infection.*

Take Dragons, Angelica, Rue, Wormewood, of each a handfull, chop them pretty small, and steep them in a quart of White-wine twenty foure houres : then distill them in a Still, and reserve the water in a glasse close stopped. Give to the sicke Patient, sixe or seven spoonfulls hercof at a time fasting, and let him fast an houre and an halfe after, and keepe himselfe very warme in his bed or otherwise.

*An excellent confortative for the stomack helping digestion, warming the braine, and drying the Rheumes.*

Take 2 ounces of good old conserve of red Roses, of chosen Me-thridate two drams; mingle them well together, & cate thereof to bed-ward, the quantity of a Hasell Nut: This doth expell all windiness of the stomack, expelleth raw humours, and venemous vapours, causeth good digestion, dryeth the Rhume, strengtheneth the memory and sight.

*An Ointment for any wound or sore.*

Take two pound of sheepes Suet, or rather Deeres Suet, a pint of Candy oyle, a quarter of a pound of the newest and best Beewaxe : melt them altogether, stirring them well, and put to them one ounce of oyle of Spike, and halfe an ounce of the Goldsmithes Boras, then heating them againe, and stirring them altogether, put it up in a Gallipot, and keepe it close stopped, till you have cause to use it. This is an approoved oyntment to cure any wounds or sores, new or old.

*An excellent oyntment for any Bruise or Ache.*

Take two pound of May Butter purified, poure it out from the dregs, and put it of Broome flowers, and Elder flowers, of each a good handfull, so cleane picked, that you use nothing but the leaves; mixe them altogether in a stone pot, and boyle them seven or eight houres in a Kettle of water, being covered with a bord and kept downe with weights, keeping the Kettle alwayes full of water, with help of another Kettle of boyling water ready to fill up the first, as it wasteth; and when it waxeth somewhat coole but not cold, straine the oyntment from the hearbes into a Gallipot, and keepe it for your use.



## The Ladies Cabinet opened.

### For the dead Palsey.

Anoint the necke pit often with *Oleum benedictum*, and that will restore the speech; anoint also the place affected oftentimes with mustard against the fire, and after that bathe it with wine, and bathe it againe morning and evening (if the party be young) with *Aqua-vita*; if old, take a spoonfull of *Aqua-vita*, and halfe a spoonfull of Sage-water distilled, and bathe it therewith; drinke also every morning and night as much Treacle as foure Peases in some stale Ale.

### A Plaister for a Bile or Puss.

Take a yolke of an Egge, and halfe a spoonfull of English hony, mixe them together with fine Wheat-flower, and making it to a Plaister, apply it warme to the place grieved.

### An approved good drinke for the Pestilence.

Take sixe spoonfulls of Dragon water, two good spoonfulls of Wine-vinegar, two penny weight of English Saffron, and as much Treacle of Gene as a little Walnut, resolve all these together upon the fire, and let the Patient drinke it blood-warme, within twenty houres (or sooner) that he is sicke; and let him neither eate nor drinke sixe houres after, but lie so warme in his bed that he may sweat. This expelleth the disease from the heart; and if he be disposed to a sore, it will straightwayes appeare; which you shall draw out with a Plaister of *Flos Unguentorum*.

### A very good Poultesse for any Member swelled and inflamed, and not broken, to take away the paine.

Take three pints of new Milke, of stale Manchet crummes two handfuls, or so much as shall make the Milke somewhat thicke, adde thereto two handfuls of dried red Rose leaves, and three ounces of Oyle of Roses; boyle all these together to the thickenesse of a Poultesse, then let it stand and coole, and while it cooleth, take a spoonfull of oyle of Roses, and with a warme hand, rub the place grieved till the oyle be dried in, and then lay the Poultesse as warme as you may endure it to the part inflamed: doe this morning and evening for three or foure dayes, as you shall see cause.

### For the Rhume in the Gummies and Teeth.

Boyle Rosemary in faire water, with some ten or twelve Cloves slit; and when it is boyled, take as much Claret wine as there



there is water left, and mingle with it; and make it boyle but a little againe, then straine it into some glasse, and wash your mouth therewith morning and evening: this will take away the Rhume in short time. And if you boyle a little Masticke therewith, it is the better.

*An approved Medicine for the Greene Sicknesse.*

Take a quart of Claret wine, one pound of Currants, a handfull of young Romaine crops, and half an ounce of Mace, seethe these to a pint, and let the Patient drinke thereof three spoonefuls at a time, morning and evening, and eat some of the Currants also after.

*A Medicine for a Plurisie, Stitch or Wind offending in any part of the body.*

Gather the yong shoots of Oke after the fall of a Wood, and picking out the tenderest and softest of them, especially those which looke reddest, binde them up together in a wet Paper, and rost them in hot Embers as you doe a Warden, whereby they will dry to a powder: of which powder let the Patient take a spoonefull in a little Posset Ale, or Beere warmed, in the morning, fasting after it two houres or more if he able, doing the like about three afternoones, and two houres after supper, foure or five dayes together: which thus done in the beginning of the disease, is by often experiments found to cure such windy pains in the side, stomack, or other parts of the body. You may dry them also in a dish in an Oven after the bread is drawne; you shall do well to gather enough of them in the Spring, and make good store of the powder then, to keepe for all the yeare following.

*The purge: It may be given to any sound man or woman, at any time, in temperate weather, not keeping their Chambers for it.*

Take a quart of running water, two handfulls of Currants well picked, Sene, Liquorice, and Anniseed, of each halfe an ounce, and the quantity of two Rases of Ginger sliced: boyle all these together till the liquor come to a pint, then let it runne through a Colender, and drinke it three mornings equally, being warmed, taking onely an houre or two after it, a little thinne broth.

*Another purge.*

Take halfe an ounce of Sene, two handfulls of Anniseeds, as



much Fennell seeds, both bruised, a sticke or two of Liquorice scraped, sliced and bruised, put them into a pint of Beere, boyle them, scumme them well, and let them seeth till they be but a pretty draught left to drinke at one time: then take an ounce and a halfe of Manna, dissolve it in three or foure spoonefuls of the hot liquor, and straine it through a thinne cloth into the rest: then straining the liquor through a Colender from the other matters, put into it foure spoonefuls of Sirrup of Roses, and drinke it while it is warme, taking a little thinne broth after it.

*The purge of Assarabacha, which the Lady A. D. used to rectifie her stomacke, any wayes offended.*

Take the weight of eight pence, of Assarabacha leaves; stampe them and straine out the juyce of them with a little faire water, or warme broth, and mixing it with a little soft English hony, warme it and drinke it fasting; taking a little warme posset drinke after it; and now and then a little more, at times betweene the vomits.

*An approved Medicine for the Gout in the feet.*

Take an Oxes paunch new killed, and warme out of the belly, about the latter end of May or beginning of June, make two holes therein, and put in your feet, and lay store of warme clothes about it, to keepe it warme so long as can be; use this three or foure dayes together for three weekes or a moneth, whether you have the fit or paine of the Gout at that time or no: so you have had it at any time before. This hath cured divers persons that they have never beene troubled with it againe.

*A Poultesse for the Gout.*

Take new Milke, white Bread grated, and an handfull of red Rose leaves; boyle them together to the thicknesse of a Poultesse; then spread them on a linnen cloth, and apply them to the place grieved.

*For one that cannot make water.*

Take the white strings or filmy rootes of Primeroses, wash them very cleane, and boyle of them halfe a handfull in a pint of Beere or White-wine, till halfe be consumed; then straine it through a cleane cloth, and drinke thereof a quarter of a pint somewhat warme, morning and evening, for three dayes: and it will purge away all viscus or obstructions stopping the passage of the water. *Probatum.*

*For*



*For one that pisseth blood.*

Take Toutsaine, Sanguinary and Parsley of each one handfull, stampe them together very small, and mixe the hearbes, juyce and altogether with warme Goates milke, and drinke a good draught thereof fasting every morning.

*An Ointment to kill the wormes in little children.*

Take oyle of wormewood, oyle of Savine, and the powder of Aloe Cicatrina finely beaten, mixe them together, warme them & anoint the belly therewith morning & evening, and this will kill the belly-wormes; for stomacke wormes annoint the stomacke with oyle of Wormewood, and the belly with oyle of sweet Almonds. You must not use any Savine in medicines for Maiden children, but in stead of oyle of Savine, take as much of an Oxes Gall. *A Salve for ranklings, where the skin is rubbed off.*

Take one pound of May-Butter, clarifie it, and take the purest of it, put therto three ounces of English Wax, two ounces of Rosin, clarified by themselves, boyle them altogether, coole it and keep it in a Cake for your use. This is also a very good Lipsalve.

*A very good plaister to heale and dry up a sore, or cut suddenly.*

Take of Marrigold leaves, Porret blades or leaves and House-leeke, of all two handfuls, beat them all very small in a Mortar, and put to them the whites of two new-laid Egges, and beat them very well till they be thoroughly incorporated with the Egges, and apply this till you be well. Renew it every day.

*To kill the Ring-worme and the heat thereof.*

Take a quart of White wine Vinegar, boyle therein of Woodbine leaves, Sage and Plantaine, of each one handfull, of white Copras one pound, of Alum: as much as an Egge: when it is boyled to halfe a pint, straine out the liquor, and therewith wash the sore as hard as you can suffer it.

*To kill the Wilde Fire.*

Take Plantaine, Sorrell, Marrigold leaves, of each one handfull, stampe them and straine out their juyce, and boyle it with twice so much Vinegar, and put it up in a glasse for your use.

*For the Emerods.*

Take Egremony and bruise it small, & then fry it with sheepes Suet, and hony, of each a like quantity, and lay it as hot as you can suffer it to the fundament, & it will heale you very faire & well.



*The best way to make a Sacke Posset.*

Take a dozen of Eggs exceeding well beaten, put to them a pint of Sacke, and stir them well that they Curd not : then put to them three pints of your best sweet Creame, halfe a pound of Sugar very finely beaten ; and stirring them well together till the Sugar be fully melted in them, straine it altogether into a Bason, big enough to receive it all : then set it in the Bason, on a pot of boyling water, keeping the pot boyling untill the Posset be like a Custard, and as thicke : then take it off, and keeping it till you thinke it be coole enough to eat, strew your beaten Spices well and thicke upon it, and serve it.

*A Sacke Posset without Milke.*

Take thirty Egges, beate them so well that you may take them up with a spoone, like as you doe milke or broth : and while they are beating, take a quart of Sacke, halfe a pound of fine Sugar finely beaten, and a pint of strong Beere, and make them boyle a very little while upon a soft fire ; then take them off the fire, and put the Egges into them as soone as it comes off, and stirring them up well together, put them into a fit Bason to receive them, and covering them close with a dish, set them on a soft fire againe, till they rise to a Curd ; then take it off the fire, strow it with Sinnamon and Sugar, and serve it.

*To keepe Clove Gilliflowers for Salads.*

Take the fairest Clove Gilliflowers, clip off the whites from them, put them into a wide mouthd glass, and strew a good deal of Sugar finely beaten among them : then put as much Wine Vinegar to them as will thoroughly wet them ; tie them up close and set them in the Sunne.

*To dissolve the stone, which is one of the Physicians greatest secrets.*

Take a pecke of greene Beane Cods, well cleaved and without dew or raine, and two good handfulls of Saxifrage, lay the same into a Still, one rowe of Beane Cods, another of Saxifrage, and so distill another quart of water after this manner ; and then distill another proportion of Beane Cods alone, and use to drinke of these two waters. If the Patient be most troubled with heate of the reins, then it is good to use the Beane Cod water stilled alone more often, and the other upon comming downe of the sharpe gravell or stone.



*To make Snow.*

Take a quart of thick Creame, and five or six whites of Egges, a Sawcerfull of Sugar finely beaten, and as much Rosewater, beat them altogether, and alwayes as it riseth take it out with a spoone: then take a loafe of Bread, cut away the Crust, set it in a Platter, and a great Rosemary Bush in the middest of it: then lay your Snow with a spoone upon the Rosemary, and so serve it.

*To make Spiced Bread.*

Take two pound of Manchet Paste, sweet Butter halfe a pound, Currants halfe a pound, Sugar a quarter, and a little Mace (if you will put in any) and make it in a loafe, and bake it in an Oven no hotter then for Manchet.

*To make Cracknels.*

Take five or six pints of the finest Wheate flower you can get, to which you must put in a spoonefull (and not above) of good Yest; then mingle it well with Butter, Creame, Rosewater, and Sugar finely beaten, and working it well into paste, make it what forme you will, and bake it.

*To make Veale Tootes or Olives.*

Take the Kidney of a loyne of Veale roasted with a good deale of the fat, and a little of the flesh, mince it very small, and put to it two Egges, one Nutmeg finely grated, a good quantity of Sugar, a few Currants, a little Salt, stirre them well together, and make them into the forme of little Pasties, and fry them in a Pan with sweet Butter.

*To make fine Pippin Tarts.*

Quarter, Pare, core and stew your Pippins in a Pipkin upon very hot Embers, close covered, a whole day, for they must stew softly: then put to them some whole Sinnamon, sixe Cloves, and Sugar enough to make them sweet, and some Rosewater: and when they are stewed enough, take them off the fire, and take all the spice from them, and breake them small like Marmalade: and having your Coffins ready made, not above an Inch deepe, fill them with it, and lay on a very thinne Cover, of Puffe Paste, close and fit; so bake them and serve them in cold, but you must take heed you doe not overbake them.

*To pickle Oysters.*

Take a Pecke of the greatest Oysters, open them and put the liquor



liquor that comes from them (saved by it selfe) to as much White wine, and boyle it with a pound of Pepper bruised, two or three spoonefuls of large Mace, and a handfull of Salt, till the liquor begin to waste away; then put in your Oysters and plump them, and take them off the fire, till they be cold, and so put them up in little barrels very close.

*To make a Haggesse Pudding.*

Take a fat Haggesse, purboyle it well, take out the Kernels, shred it small, and temper it with a handfull or two of grated Manchet, then take three or foure Egges well beaten, Rosewater and Sugar, Cloves, Nutmegs, Sinnamon, Mace, very finely beaten, Currants and Marrow good store, temper them altogether, with a fit quantity of Creame, being first moderately seasoned with Salt.

*To make the best white Puddings.*

Take a pound of Almonds, blanch them, stampe them, putting in a little Milke sometime to them in the stamping: then put to them three handfulls of fine flower, or as much grated bread first baked in an Oven; fixe Egges well bearen, a good deale of Marrow cut in little peeces: season them with Nutmegs and Sugar, three spoonefuls of Rosewater and a little Salt: temper them altogether with as much Creame as will serve to wet or mingle them, and so fill them up.

*To make very fine Sawfages.*

Take foure pound and a halfe of Porke, chop it small, and put to it three pound of Beefe Suet, and chop them very small together; then put to them a handfull of Sage finely shred, one ounce of Pepper, one ounce of Mace, two ounces of Cloves, a good deale of Salt, eight Egges very well beaten before you put them in: then worke them well with your hand till they be thoroughly mingled, and then fill them up. Some like not the Egges in them: it is not amisse therefore if you leave them out.

*To pickle Quinces.*

Boyle your Quinces that you intend to keep whole and unpierced in faire water, till they be soft, but not too violently for feare you breake them: when they are soft take them out, and boyle some Quinces pared, quartered, and cored, and the parings of the Quinces with them, in the same liquor to make it strong: and

when



when they have boyled a good time, enough to make the liquor of sufficient strength, take out the quartered Quinces and parings, and put the liquor into a pot big enough to receive all the Quinces both whole and quartered, and put them into it when the liquor is through cold, and so keepe them for your use close covered.

*A Rice Pudding.*

Take thin Creame, or good Milke of what quantity you please, boyle it on the fire with a little Sinnamon in it, and when it hath boyled a while, take out the Sinnamon, and put in Rosewater and Sugar enough to make it good and sweet; then having your Rice ready beaten as fine as flower (and scarced as some doe it) strow it in, till it be of the thicknesse of a hasty Pudding: then poure it into a dish, and serve it to the Table.

*To make a fine Pudding in a dish.*

Take a penny white loafe and pare off all the Crust, and slice it thin into a dish, with a quart of Creame, and set it to boyle over a Chafing-dish of coales till the bread be almost dry, then put in a peece of sweet Butter, and take it off and let it stand in the dish till it be cold; then take the yolks of three Egges and the white of one, with some Rosewater and Sugar, and stirring them altogether; put them into another dish well buttered, and bake it.

*To keepe Gooseberries.*

Take a handfull or two of the worser of your Gooseberries, cut off their stalkes and heads, and boyle them all to peeces in a pottle of water, putting into the boyling thereof halfe a quarterne of Sugar, then take the liquor, straine it through a haire strainer, and while it cooleth, cut off the stalkes and heads of the fairest Gooseberries, being very carefull you cut not the skin of them above or below, put them into a Gallipot, and poure the liquor in after them.

*Parflane,* Must be used as you doe the Gooseberries.

*How to keepe Cucumbers same.*

Take a Kettle (big enough for your use) halfe full of water, make it brackish with Salt, boyle therein ten or twenty Cucumbers cut in halves, then take the raw Cucumbers being somewhat little, and put them into the Vessell wherein you will keepe them, and when your liquor is cold, straine so much of it into them as may keepe the Cucumbers alwayes covered.

*To keepe boyled Cucumbers.*

Take a Kettle of water, put salt to it, boyle it well; then take your raw Cucumbers, put them into it, and keep them with turning up and



downe very softly till they be as it were perboyled: then take them out and lay them aside till they be cold; then put them up in the vessell you will keepe them in, and when the liquor is cold, straine it into them till they be all covered.

*To pickle Cucumbers to keepe all the yeare.*

Pare a good quantity of the Rindes of Cucumbers, and boyle them in a quart of running water, and a pint of wine vinegar, with a handfull of Salt till they be soft: then letting them stand till the liquor be quite cold, poure out the liquor from the Rinds, into some little barrell, earthen pot, or other vessell, that may be close stopped, and put as many of the yongest Cucumbers you can gather therein, as the liquor will cover: and so keepe them close covered, that no wind come to them, to use all the yeare till you have new. If your Cucumbers be great, 'tis best to boyle them in the liquor till they be soft.

*To keepe Cowslips for Sallets.*

Take a quart of White-wine vinegar, and halfe a quarter of a pound of fine beaten Sugar, and mixe them together: then take your Cowslips, pull them out of the pods, and cut off the green knob at the lower ends, put them into that pot or glasse wherein you mind to keepe them, and well shaking the vinegar and Sugar together in the Glasse wherein they were before; poure it upon the Cowslips, and so stirring them morning and evening (to make them settle) for three weekes, keepe them for your use.

*To make Buttered loaves.*

Take halfe a pecke of fine flower, a pint or more of Yest, the yolkes of twenty Egges, one pound of Butter, of Cloves and Mace halfe an ounce, of Sinamon and Ginger one ounce, but the least part of Ginger, a little Pepper, let the Spices be beaten very small; make Dough of all these, and worke them in pieces as big as Manchets, and bake them: when it is baked, pare away the Crusts, and slice them in Toasts, and steepe them in clarified Butter in a faire Charger: then poure fine Sugar powdered between every of them, and make them up like loaves.

*Violets, Buglosse, Borage, Rosemary, Marigolds, Fennell.*

These are all to be used as you doe your Cowslips: onely of Fennell you must take the seeds, when they are new put out of the podd.

*To keepe Broome-flowers for Sallets.*

Gather so many buds in one day (if you can) as you meane to keepe, then take your pot, and lay first a lay of White Salt in the bottome of it, and then a Lay of Buddes or Flowers, then an other of White Salt,



Salt, and so another of Flowers, till you have filled your vessell so full as you can thrust them downe, let them stand one day, and if they shrinke downe, fill them up with flowers, and after fill it up with Verjuice, and lay a good deale of Salt vpon the top of it, and stoppe it up close.

*To keepe Barberries to garnish your meat, &c.*

Take the worst of them and boyle them in faire water, and straine the liquor from them, and while the liquor is hot, put it into your Barberries, being cleane picked, and stop them up: and if they mould much, wash them thoroughly in the liquor: then boyle the liquor againe and straine it, and let it coole, and then put it to your Barberries againe.

*To keepe Artichokes for all the yeare.*

The fittest time is about Michaelmas, and then according to the proportion of Artichokes you will keepe, seeth a quantity of water in a pot or panne, seasoning it so with White Salt, that it may have a reasonable taste; then put a fit quantity of white Salt into the water, and boyle them together, and scumme them wel, then put a good quantity of good vinegar to them to make the liquor somewhat sharpe, and boyle it againe. Then perboyle your Artichokes that you minde to keepe, in another liquor, take them out of it, and let them coole; then set your first liquor againe on the fire to boyle, and scumming it thoroughly, let it coole againe; when it is thoroughly cold, put it up in some Firkin, or large earthen Pot, and put in your Artichokes to them, handsomely for bruising, then cover them close from the Aire, and so keepe them to spend at your pleasure.

*An Almond Cawdle.*

Blanch Jordan Almonds, beat them with a little small Ale, and straine them out with as much more Ale as you minde to make your Cawdell of: Then boyle it as you do an Egge Cawdell, with a little Mace in it; and when it is off the fire, sweeten it with Sugar.

*To make the Angelotta Cheese.*

The best time to make it, is in the midst of May: You must take your Milke as it comes from the Cowe, not heating it at all, and put to it some Creame of the Evening Milke, and then put in your Runnet, as you doe in other Cheeses; when the Cheese is come, Whey it, but breake it not, but put it into your Fat as whole as you can, in the meate, not thrusting it too close at the first, but as it sinkes downe, fill it up againe, and then shut it up close, and



let it stand so one night, then take it out and lay it upon a board, casting Salt upon it, and so let it lie a day or two, turning and salting it: then lay it in a Basket or a Flasket with Long Grasse under it, and so let it dry as you doe other Cheeses.

*To make the Danske Creame.*

Take your Creame, boyle it with some Mace and Sinnamon in it, then take it off, coole it a little, and put in as much Rosewater, and Sugar, as will make it sweet and give it a good taste; then put in as much Runnet as will be sufficient to make it run, and then dish it & serve it.

*To make fresh Cheese in Creame.*

Take a pottle of good Milke as it comes from the Cow, and halfe a pound of blanched Almonds beaten very small, and make a thicke Almond Milke, with a pint of Creame strained, and a little before you go to dinner make it blood-warme, season it with a little Sugar, Rosewater, and scarced Ginger, and put to it a little Runnet; and when it is scummed, breake it up and whey it, and put it into a Malde, and presse it with your hand, and when it is well wheyed, then put it into a dish with Creame: you may garnish it, if you please, with a dozen of Waters made of fine flower, Sugar and water.

*A messe of fine Creame.*

Take a quart of Creame, set it on the fire till it be ready to boyle, then put into it seaven yolkes, and two whites of Egges very well beaten together, and boyle them (keeping them well stirred) till it be almost as thicke as a Custard; then take it off the fire, and let it stand till the Whey be settled from it; Then straine the thicke of it through a cloth into a Bason, and making it as sweet as you please, with Rosewater and Sugar, dish it, scraping a little Sugar upon it.

*To make French Frumenty.*

Boyle your French Barly in two waters first, and then in the third, whereof you shall make your Frumenty: when it is almost boyled enough, put into it some yolks of Egges well beaten, and boyle them a while: you must have your Jordan Almonds ready blanched and laid a good while in cold faire water, then beat them very small with a little Rosewater, and straine their Milke from them, and put it into your Frumenty, when it is ready to take off the fire, or you may boyle them a little while together; then take it off the fire, season it with some Sugar, and serve it.

*An approved Medicine for the Dropsie.*

Take the hearbe called Bitter sweet (it groweth in waters, and beares



bear a purple flower ) slice the stalkes and boyle a pretty deale of them in White-wine, and drinke thereof first and last morning and evening, and it will cure the Dropsie.

*To make Leach of Ipocras.*

Take one pint of Ipocras, two ounces of Isonglas, sixe spoonefuls of Rosewater, two graines of Muske, and foure ounces of Sugar Candy, boyle it leasurely upon a Chafing-dish of coales, then let it run through a Cotten bag into a Bason; and when you serve it, cut it in what fashion you will with a spoone, knife, or otherwise; being coloured as you please.

*To make fine white Leach of Almonds.*

Take halfe a pound of small Almonds, beat them and straine them with Rosewater, and sweet Milke from the Cow, put into it two or three peeces of large Mace, one grain of Musk, two ounces of Isonglas, and so boyle it on a Chafingish of coales, a quarter of an houre, till it will stand, which you shall try thus: set a Sawcer on or in a little cold water, so that none come into it, and put a spoonefull of the Leach into it, and if you see that stand, take the other off the fire, then you may slice it in what fashion you please.

*To make Leacher.*

Take a pottle or gallon of Milke, as you thinke fit: make it hot as it came from the Cowe, then take a quantity of Almonds blanched and ground, answerable to the Milke, streine them with the Milke, and seeth them with so much Sugar as will sweeten it, and some bruised Nutmeg, Ginger, and Sinnamon, and a little Salt tyed in a cloth with some Rosewater, and one ounce or more of Isonglas, being washed and steeped before three or foure houres in faire water: let them seeth altogether till it bee so clammy that it will cut with a Knife; then strain it through a cooler, that the Isonglas may be taken away, and the next day when it is cold, cut it in slices into a dish, and serve it. So you may make it red with red Sanders, yellow with Saffron, greene with, &c.

*To make a Tart of Butter and Egges.*

Take the yolkes of sixteene Egges, well parted from the whites, three quarters of a pound of Butter well clarified, and straine it twice or thrice in a faire strainer, seasoned with Sugar and a little Rosewater wherein Spinage first a little boyled hath been strained, to make it greene; Be sure your Paste be well made and whole, and so bake it up and serve it.



*The Ladies Cabinet opened.**The Cookes common white Leach.*

Take the Sinewes of a Cowes heele, the flesh and fat cut away, slice them as thinne as you can, and boyle them in Milke warme from the Cow, till it be stiffe enough to cut, which you shall try with a spoone: then strain it through a cloth, and sweeten it with Sugar, and a spoonfull or two of Rosewater: then stirre them well together with a spoone, and letting it stand till it be cold, slice it out in what forme you list, and serve it.

*To make a sweet Cake, and with it a very sweet water.*

Take Damaske Roseleaves, Bay-leaves, Lavender tops, sweet Marjorome tops, Ireos powder, Damaske powder, and a little Muske first dissolved in sweet water: put the Rose leaves and herbes into a Bason, and sprinkle halfe a quarter of a pint of Rosewater among them; and stirring them altogether, cover the Bason close with a dish, and let them stand so covered all night, and in the morning distill them: so shall you have at once an excellent sweet water, and a very fine sweet Cake, to lay among your finest linnen.

*To make Almond Butter.*

Blanch one pound of Almonds, or more or lesse as you please, lay them foure houres in cold water; then stampe them with some Rose-water as fine as you can, put them in a cloth, and presse out as much Milke as you can, and then if you thinke they be not enough, beat them and straine them againe, till you get as much Milke of them as you can; Then set it on the fire till it be ready to boyle, putting in a good quantity of Salt and Rosewater to turne it; after one boyling being turned, take it off, cast it abroad upon a linnen cloth, being holden betweene two, then with a spoone take off the Whey under the cloth, so long as any will drop or runne; then take so much of the finest Sugar you can get, as will sweeten it, and melt it in as much Rosewater as will serve to dissolve it, put thereunto so much Saffron in fine powder as will colour it, and so steeping the Saffron and Sugar in Rosewater, season your Butter therewith when you make it up.

*To make Almond Cakes.*

Take of Jordan Almonds one pound, beate them as you doe for Almond Milke, draw them through a Strainer, with the yolkes of two or three Egges; season it well with Sugar, and make it into a thicke Batter, with fine flower, as you doe for Bisket Bread: then poure it on

small



small Trencher Plates, and bake them in an Oven or baking Pan: and these are the best Almond Cakes.

*To dry Apricocks.*

Take them when they are ripe, stone them, and pare off their Rinds very thinne, then take halfe as much Sugar as they weigh, finely beaten, and lay them with that Sugar, into a silver or earthen dish, laying first a lay of Sugar, then of the Fruit, and let them stand so all night, and in the morning the Sugar will be all melted; then put them into a Skellet, and boyle them apace scumming them well: and as soone as they grow tender, take them from the fire, and let them stand two dayes in the Sirrup; then take them out, and lay them on a fine Plate, and so dry them in a stove.

*The best way to dry plummes.*

Take your Plummes when they are full growne (with the stalkes on them) but yet Greene; split them on the one side, and put them in hot water (but not too hot) and so let them stand three or foure houres: then to a pound of them take three quarters of a pound of Sugar, beaten very fine, and eight spoonfulls of water to every pound; set them on hot Embers, till the Sugar be melted, and after that boyle them till they be very tender, letting them stand in that Sirrup three dayes to plump them: Then take them out, wash the Sirrup from them in warm water, and wipe them with a fine linnen cloth very dry, and lay them on Plates, and set them to dry in a Stove, for if you drie them in an Oven they will be tough.

*To drie Pippins.*

Take halfe a pound of powder Sugar, boyle it to a Sirrup in a pint of faire water, and clarifie it with the white of an Egge, then straine it through a linnen Cloth, and set it on the fire againe in another cleane Skellet: while this is doing, pare eight Pippins, cut them in halves and Core them, putting in every halfe into the Sirrup as you pare them: and so let them boyle (still scumming them) till the Sirrup be almost all wasted away within three or foure spoonfulls, Then take out the Pippins, lay them on Plates, and dry them in a Stove.

*A way to dry Cherries.*

Take three quarters of a pound of Sugar, and a good pound of Cherries, their stalkes and stones taken from them, then put a spoonfull of cleane water in the Skellet, and so lay a lay of Cherries, and another of



of Sugar till your quantity be out : then set them on the fire and boyle them as fast as conveniently you can, now and then shaking them about in the Skellet, for feare of burning : and when you thinke they are enough and cleare, then take them off the fire, and let them stand till they be halfe cold, then take them out as cleare from the Sirrup as you can, & lay them one by one upon sheets of Glasse, setting them either abroad in the Sun, or in a window where the Sun may continuall be upon them : if they dry not so fast as you would have them, then in the turning scrape some loose Sugar finely upon them; but adde no greater heat then the Sunne will afford, which will be sufficient, if they be well tended : and let no dew fall on them by any meanes, but in the evenings set them into some warme Cupboard.

*To Conserve Cowslips.*

Gather your Flowers in the midst of the day, when all dew is off them : Cut off all the white, leaving none but the yellow blossome : of them so picked and cut before they wither, weigh out ten ounces, taking to every ten ounces of them, or greater proportions, if you please, eight ounces of the best refined Sugar in fine powder : put the Sugar into a panne, and Candy it, with as little water as you can : then taking it off the fire, put in your flowers by little and little, never ceasing to stirre them till they be dry and enough : then put them into Glasses or Gallipots, and keepe them dry for your use. These are rather Canded then Conserved Cowslips.

*A Conserve of Roses.*

Take Red-Rose Buds, clip all the white bruised and withered from them then weigh them out, and taking to every pound of Roses, three pound of Sugar, stampe the Roses by themselves very small, putting a little juyce of Lemmons or Rosewater to them, as they waxe dry, when you see the Roses small enough, put the Sugar to them, and beat them together till they be well mingled ; then put it up in Gallipots or Glasses. In like sort are the Conserves of flowers of Violets, Cowslips, Marrigolds, Sage and Scabiose, made.

*The use of Conserve of Violets and Cowslips.*

That of Cowslips doth marvellously strengthen the braine, preserveth against madnesse, against the decay of memory, stoppeth Head-ach, and most infirmities thereof. For Violets, it hath the same use that the Sirrup hath. *Vide fol. 22.*

*The use of Conserve of Marigolds.*

Conserve of Marigolds taken fasting in the morning, is good for



Melancholly, cureth the trembling and shaking of the heart, is good to be used against the plague and corruption of the Aire.

*Of Sage Flowers.*

It preserveth against Melancholly, doth dry & comfort the stomach, cureth an old Cough, and openeth the stopping of the Liver.

*Scabious Flowers*

Doe cleanse the brest and Lungs, take away old Coughes, Impostumes of the brest, and all inward parts.

*Conserve of Barberies.*

Take your Barberies, picke them cleane in faire branches, and wash them cleane, and dry them on a cloth: then take some other Barberies, and boyle them in Claret Wine, till they be very soft; then straine them and rub them so well through the Strainer, that you may know the substance of them, and boyle up this matter thus strained out till it be very sweet, and somewhat thicke; then setting it by till it be cold, and then put your branches of Barberies into Gallipots or Glasses, and fill it up with the cold Sirrup, and so shall you have both Sirrup and also Barberies to use at your pleasure.

*The Cordiall Conserve.*

Take the Flowers of Rosemary, Buglosse and Borage well picked: the flowers of Clove Gilliflowers, Pauncies, Violets, Cowslips, Red-Roses, Damaske Roses, and Marigolds clip from their white, of each two ounces, put to every of them, three ounces of Sugar, very finely beaten and searced, and stampe them altogether to a Conserve, and keep it in a Gallipot. When you would use it, take the quantity of a small Walnut, every morning fasting.

*To make Muscadine Comfits.*

Take foure ounces of double refined Sugar finely beaten and searced, put thereto two graines of Muske, a penniweight of Orris root in powder, beat it to perfect fine paste, then roll it as thinne as Paper, and cut it like to Diamonds with your knife, as with a fine jagged Rowell cutter, so drie them in your Stove and keepe them.

*To make blacke Clove Comfits.*

Take two ounces of Cloves dried in a dish in the Oven, beat them to very fine powder; then take foure ounces of Sugar finely beaten and searced; adde to that two or three Date stones burned and made into fine powder (w<sup>ch</sup> bringeth your Paste to the blacknesse) mix with all these Gumme Dragon steeped in Rose-water, beat it up into a Comfit



Paste, roll it in long small rolls, and with a knife, crosse cut them at one end, lik a Clove blossome, so stove them and serve them. This is an excellent Comfit, it will tast like a Clove, and cate pleasantly.

*To preserve all kind of Flowers, in the Spanish Candy in Wedges.*

Take Violets, Cowslips, or any other kinde of flowers, picke them and temper them with the pap of two roasted Apples, and a drop or two of Verjuyce, and a graine of Muske; then take halfe a pound of fine hard Sugar, boyle it to the height of *Mannus Christi*, then mixe them together, and poure it on a wet Pie-plate, then cut it in Wedges before it be through cold, gilde it and so you may boxe it, and keepe it all the yeare: It is a fine sort of banquetting stuffe, and newly used. Your *Mannus Christi* must boyle a good while, and be kept with good stirring.

*To Candy all kinde of Flowers as they grow with their Stalkes on.*

Take the Flowers, cut the stalkes somewhat short, then take one pound of the whitest and hardest Sugar you can get, put to it eight spoonfulls of Rosewater, & boile it till it wil roll between your finger and your thumb; then take it from the fire, coole it with a stick, and as it waxeth cold, dip in all your flowers, and taking them out againe suddenly, lay them one by one, on the bottome of a fise; then turne a joyned stoole with the feet upward, set the fise on the feet thereof, cover it with a faire linnen Cloath, and set a Chafingdish of Coales in the midst of the stoole, underneath the fise, and the heat thereof will run up to the fise, and dry your Candy presently; then box them up, and they will keepe all the yeare, and looke very pleasantly.

*To make the Rocke Candies upon all Spices, Flowers and Rootes.*

Take two pound of Barbery Sugar, clarifie it with a pint of water, and the Whites of two Egges, then boyle it in a Posnet to the height of *Mannus Christi*, then put it into an earthen Pipkin, and therewith the things you will Candy, as Sinamon, Ginger, Nutmegs, Rose Buds, Marigolds, Eringian rootes, &c. Cover it and stop it close with Clay or Paste; then put it in a Still with a leasurely fire under it, for the space of three dayes and three nights; then open the pot, and if the Candy begin to coine, keepe it unstopped for the space of three or foure dayes more, and then (leaving the Sirrup) take out the Candy, lay it on a Wier grate, and put it in an Oven after the Bread is drawn, there let it remaine one night, and your Candy will be dry. This is the



the best way for rocke Candy, making so small a quantity.

*The Candy Sucket, for greene Ginger,  
Lettice Flowers, &c.*

Whatsoever you have preserved, either herbes, fruits or flowers, take them out of the Sirrup, and wash them in warme water, and dry them well: then boyle Sugar to the height of Candy for Flowers; and draw them through it: then lay them on the bottome of a sieve, dry them before the fire, and when they are enough, box them for your use. This is that the Comfit-makers use, and call Sucket Candy.

*To make Quince Cakes.*

Prepare your Quinces, and take the just weight of them in Sugar, beaten finely and searcing halfe of it: then of the rest make a Sirrup, using the ordinary proportion of a pint of water to a pound of Sugar: Let your Quinces be well beaten, & when the sirrup is Candy height, put in your Quince and boyle it to a Paste, keeping it with continuall stirring; then work it up with the beaten Sugar which you reserved, and these Cakes will taste well of the Quinces.

*Cleere Cakes of Quinces or Apricockes.*

Take of the best Sugar finely beaten, and searced, one pound to a pound of Quinces or Apricocks: set your Sugar upon a Chafingdish of coales, & dry it about halfe an houre; then cooling it, stirre into it a little Muske and Ambergreece, finely beaten and powdered: then pare your Quinces, &c. and boyle them in faire water whole, till they be tender, (and not covering them) for so they will be white: Then take them, and scrape off all the Quince to the Core, into a silver dish, and boyle it therein, till it grow dry, which you shall perceive by the rising of it up: when it is thus well dried, take it off, let it coole, and strow on the Sugar, letting some other to strow it till it be all thoroughly wrought in; then lay it out on Glasses, Plates, or Prints (of Flowers or Letters) an Inch thicke or lesse as you please.

*To preserve greene Pippins.*

Take Pippins, pare them very thin, while they are greene, then take tenne small greene Pippins, worse then the other, pare them and boyle them in a pottle of water till they be all to pieces; then strain it from the Cores; then take two pound of Sugar, and put into the same liquor so strained, and set it on the fire, and so soone as it boyleth, put in the Pippins you purpose to Preserve, so let them boyle leisurely till they be enough, and when they are preserved they will bee



greene. In like sort you may preserve Quinces, Plummes, Peaches, or Apricockes, if you take them greene.

*To preserve Orengees or Lemmons.*

Take your Orengees or Lemmons, lay them in water three dayes and three nights to take away their bitterneffe, then boyle them in faire water till they be tender, make as much Sirrup for them as will make them swimme about the Panne, let them not boyle too long therein, for it will make the skinnes tough; then let them lie all night in the sirrup to make them take the sirrup, in the morning boyle your sirrup to his thicknesse, and put them in Gallipots or Glasses, to keepe all the yeare; And this is the best way to preserve Orengees, Lemmons or Citrons.

*To preserve Peaches.*

Heat water scalding hot first, then scald your Peaches till you may pull off the skinnes, which done boyle your Rosewater and Sugar till it be somewhat thicke; then put in your Peaches one by one, strowing the Sugar on them: and as the first melteth, cast on more foure or fivetimes, letting them boyle with a soft fire till they be tender, keeping them covered as long as they seeth, then take them out, and put them up for your use.

*To preserve Medlers.*

Take the fairest Medlers you can get, but let them not be too ripe, then set on faire water on the fire, and when it boyleth put in your Medlers, and let them boyle till they be somewhat soft; then while they are hot, pill them, cut off their crownes and take out their stones: take then to every pound of Medlers three quarters of a pound of Sugar, and a quarter of a pint of Rosewater, seeth your Sirrup, scumming it cleane, then put in your Medlers one by one, the stalks downward: when your sirrup is somewhat coole, then set them on the fire again, let them boyle softly till the sirrup be enough, then put in a few Cloves and a little Sinnamon, and so putting them up in pots, reserve them for your use.

*The best way to preserve Gooseberries.*

Gather them with their stalks on, cut off their heads and stone them, then put them in scalding water, and let them stand therein covered, a quarter of an houre: Then take their waight in Sugar finely beaten, & laying first a layer of Sugar, then one of your Gooseberries, in your preserving Skellet or Pan, till all be in, putting in for every pound of Gooseberries fixe spoonfulls of fairewater, set them on the Embers till  
the



The Sugar be melted, then boyle them up as fast as you can, till the Sir-  
rup be thicke enough, and cold, and then put them up. This way ser-  
veth also for Raspises and for Mulberies.

*To preserve Damfins.*

Take the Damfins before they be full ripe, but new gathered off the  
tree, allow to every pound of them a pound of Sugar, put a little Rose-  
water to them, and set them in the bottome of your Panne one by one,  
boyle them with a soft fire, and as they seeth, strow your Sugar upon  
them, and let them boyle till the Sirrup be thicke enough; then while  
the Sirrup is yet warme, take the Plummes out, and put them in a  
Gallipot, Sirrup and all.

*How to preserve Cherries.*

Take the Cherries when they be new gathered off the tree, being  
full ripe, put them to the bottome of your preserving Pan, weighing  
to every pound of Cherries, one pound of Sugar, then throw some of  
the Sugar upon the Cherries, and set them on a very quicke fire, and as  
they boyle, throw on the rest of the Sugar, till the Sirrup be thicke e-  
nough; then take them out, and put them in a Gallipot while they  
are warme. You may (if you will) put two or three spoonfulls of  
Rosewater to them.

*To preserve Artichokes.*

Heat water scalding hot first, then put in your Artichoks and scald  
them, and take away all the bottomes and leaves about them, then take  
Rosewater and Sugar, and boyle them alone a little while, and then  
put the Artichoks therein, and let them boyle on a soft fire till they be  
tender enough; Let them be covered all the time they boyle: then  
take them out, and put them up for your use.

*To preserve Roses or any other flowers.*

Take one pound of Roses, three pound of Sugar, one pint of Rose-  
water or more: make your Sirrup first, and let it stand till it be cold,  
then take your Rose-leaves, having first clipt off all the white, put  
them into the cold sirrup, then cover them and set them on so soft a  
fire, that they may but simmer for two or three houres; then while they  
are hot put them out into Potts or Glasses for your use.

*The best way to preserve Apricocks.*

Take the weight of your Apricocks (what quantity soever you  
stand to use) in Sugar finely beaten, pare and stone your Apricocks, and  
lay them in the Sugar in your Preserving Pan all night, and in the

morning



morning set them upon the Embers till the Sugar be all melted, and then let them stand & scald an hour: then take them off the fire, & let them stand in that sirrup two dayes, and then boyle them softly, till they be tender and well coloured, and after that, when they are cold, put them up in glasses or pots, which you please.

*To preserve Bullasses as Greene as grasse.*

Take your Bullasses as new gathered as you can, wipe them with a cloth, and pricke them with a knife, and quiddle them in two waters close covered: then take a pound of clarified Sugar, and a pint of Apple water, boyle them well together (keeping them well scummed) unto a sirrup, and when your Bullasses are well dript from the water, put them into the sirrup, and warme them three or foure times at the least; at the last warming, take them up and set them a dropping from the sirrup, and boyle the sirrup a little by it selfe, till it come to a Jelly, and then betweene hot and cold put them up to keepe for all the yeare.

*The particulars of the Ipecacas made usually in London.*

Sinamon one ounce, Ginger one ounce, Nutmegs halfe an ounce, Cloves, Coriander seed, long Pepper of each one quarter of an ounce, bruise all these in a Morter; Sugar one pound, Rosewater a fit quantity; Milke halfe a pint, Rosemary a little to lay in the bottome of the bag; White wine a gallon of the pleasantest high countrey wine. Some adde to this a quantity of Gallinall, and some Raisons of the Sun.

*To make Paste of Almonds.*

Take one pound of small Almonds, blanch them out of hot water into cold, then dry them with a cloth, and beat them in a stone Mortar till they come to Paste, putting now and then a spoonfull of Rosewater to them to keepe them from oiling; when they are beaten to fine Paste, take half a pound of Sugar finely beaten and searced, put it to your Paste and beat it till it will twist betweene your fingers and thumb finely without knots, for then it is enough: then make thereof Pictures, Birds, Fruits, Flowers, or any pretty things printed with Moulds, and so gilde them and put them into your Stove, and use them at your pleasure.

*To make a March-paine.*

Take two pound of small Almonds, blanch them and beat them as you do for your Paste of Almonds: then drive it into a sheet of Paste and spread it on a bottome of Wafers, according to the proportion



or bignesse you please; then set an edge round about it, as you doe about a Tart, and pinch it if you will: then bake it in a panne or Oven; when it is enough take it forth, and Ice it with an Ice made of Rosewater and Sugar as thicke as Batter, spread it on with a Brush of Bristles, or with Feathers, and put it in the Oven againe, and when you see the Ice rise white and dry, take it forth and sticke long Comfits in it, and set up a stadder in the midst of it, so gild it and serve it.

*To make Paste of Violets or any kind of Flowers.*

Take your Flowers, pick them and stampe them in an Alabaster Morter, then steepe them two houres in a Sawcer of Rosewater, after strain it, and steepe a little Gumme Dragon in the same water; then beat it to Paste, print it in your Moulds, and it will be of the very colour and taste of the Flowers; then gilde them, and so you may have every Flower in his own colour and taste; better for the mouth then any printed colour.

*To make the white Paste royall.*

Take halfe a pound of white Barbery Sugar, finely beaten and seared, put it into an Alabaster Morter, and therewith a little Gumme Dragon steeped in Rosewater, beat it a little and little till it come to a Paste; when you have beaten it to a perfect fine Paste, print it with your Moulds & gild it, and dry it in your stove, set them on white Papers, and dry them on a hand Reele before the fire, and when they be enough dry, boxe them and keepe them for your pleasure.

*To make a red Paste Royall.*

Take halfe a pound of Barbery Sugar, finely beaten and seared, put it into a stone Morter, with a quarter of an ounce of Gumme dragon steeped in Rosewater; then strow a little powder *de Rosa* on it, beat it to a perfect Paste, then print it, gilde it, stove it, or otherwise dry it, and keepe it at your pleasure.

*To make the Paste royall in Spices.*

Take foure ounces of double refined Sugar, beaten and seared, put thereto one ounce of seared Sinnamon, beat it in a stone Morter to a Paste, then print it with your Moulds, and turne some upon stickes to make them shew like Gummes; they be called in Confectionary, Sinnamon stickes or Canalonians; then gild them, and put them into your stove, but draw not out the stickes, till they be dry, for else they will shrinke.



*To make PASTE of Pippins.*  
Take twenty faire smooth skind Pippins, pare them and cut them into quarters, and core them; then boyle them in a quart of faire water till they be render; then powring the liquor from them, straine them and dry them on a Chafindish of coales, and put as much Sugar to them as they weigh, then boyle them to the height of *Manus Christi*, and fashion some like Plummes, some like leaves, so stoue them; when they are stoved one night, you may put two halves of the Plummes together, and put a stone betweene them, and pricke a stalke in the end, so may you make some like Plummes with stones and stalkes, some with leaves: (I suppose it should be like leaves) for the Pippin is the best fruit to counterfeit any Plumme.

*To make PASTE of Genna.*  
Take of Quinces two pound, and two pound of Peaches, bake them in a pot in the Oven, then pulpe them through a haire sieve, dry them on a Chafingdish of coales, then take two pound of Sugar, boyle it to the height of *Manus Christi*, and put it to your dried pulpe, make it to the fashion of great water leaves, put them into an Oven after the bread is drawne, let it stand all night, in the morning warme the Oven again, and turne your Paste, and put it in again: after that for the space of three or foure dayes, set a Chafingdish with coals, into the Oven to it, and when it is through drie, box it and keepe it all the year.

*To make PASTE of Lemmons.*  
Take halfe a dozen of thicke rined Lemmons, cut them through the middest, and boyle them tender in faire water, then stampe them in a Morter, strain the iuyce or pulpe from them, and dry it and put Sugar to it, as to the Paste of Genna, then make it into what fashion you will, on a sheet of white Paper, dry it in an Oven, and turne it often for two dayes and two nights, for in that time it will be dry enough: box it thus up, and it will endure all the year.

*To make Quindoy of Cherries.*

Take your Cherries while they be red at the stone, pull out the stones, and boyle them till they be broken; then strain them through a very cleane strainer, and take the matter strained forth, boyle it againe, and giving it in the boyling as much Sugar as is sufficient, when you thinke it thicke enough, put it into your boxes.

*To make PASTE of Regia.*

Take halfe a pound of Almonds, blanch them and beat them into fine paste, then take halfe a pound of *Pistacius*, beat it among the Almonds



monds; take the *Almonds* & *Pistacius*, put into it the flesh of two Partriches, and a dozen of Cocke Sparrowes, all which men must be well roasted before you take it from the bones: put thereinto also halfe a pound of Dates thin sliced, a quarter of a pound of the foure cold seeds, a quarter of a pound of Sugar Candy: beat all these together in a Mortar till it come to be Paste, with the yolkes of two new laid Egges, and two or three spoonfuls of Rosewater, then make it up in little Cakes, and bake them on Papers: this is an especiall Paste to preserve against the consumption, and to restore him that hath it.

*To make Dia Citronicum; (as it is called) but rightly Dia Cydonium.*

Take foure or five very faire Quinces, pare them, quarter them, core them, and boyle them in a Pipkin with a pint of faire water: when they are tender put to them halfe a pint of red wine vinegar, and one pound of Sugar; let them boyle an houre after it, and then let the sirrup and all runne through a strainer into a faire Posnet, and let it there boyle till it come to a Jelly as thicke as Quidony, then put it up into a glasse or Gallipot: This is a most speciall Cordiall and comfortable matter for a sicke body.

*To cast all kind of Sugar-workes into moulds.*

Take one pound of Barbery Sugar, clarifie it with the white of an Egge, boyle it till it roll betweene your finger and your thumbe, then cast it into your standing Moulds, (being watered two houres before in cold water, take it out, and gild them, to garnish a Marchpane with them at your pleasure.

*To make all kinde of turned works in fruitage hollow.*

Take the strongest bodied Sugar you can get, boyle it to the height of *Mannus Christi*, then take your stone (or rather Pewter) Moulds being made in three peeces, tie the two great pieces together with Inkle, then powre in your Sugar being highly boyled, turne it round about your head apace, and so your fruitage will be hollow, whether it be Orenge, Lemmon, or whatsoever your Mould doth cast, after they be cast, you must colour them after their naturall colours.

*The best receit for Bisket Bread.*

Take all the yolks, and halfe the whites of sixteen Egges, beat them well together, then put to them a pound of the finest wheat flower, as much of the best loafe Sugar, very beaten finely and searced with a quarter of a pint of Rosewater, and halfe a quarter of a pint of Sacke (if you please) beating them thus compounded together about two  
H  
houres,



houres, very well, then strowing upon it <sup>spoonfulls</sup> of Coriander-seed, and as much Annis-seed finely beaten, and then working them well into Paste, bake it in boxes or upon Plates well buttered, keeping a little sugar, in a peece of Cobweb Lawne to searce upon it and Ice it. If you make for some Physicall use, then use the Sacke, and put in a quarter of a pound of Annis-seed, and as much Liquorice beaten into fine powder.

*To make printed Quidony of Quinces.*

Take two pound of Quinces, pared, cored, and cut in small pieces, put them into a faire Posnet with a quart of faire water, and when they are boyled tender, put into them one pound of Sugar clarified with halfe a pint of faire water; let them boyle till all the fruit fall to the bottome of the Posnet; then let the liquid substance run through a faire linnen cloth into a cleane Bason; then put it into a Posnet, and boyle it till it come to a Jelly, then print it in your Moulds, and turne it into your boxes: you shall know when it is ready to print by rowling on the backe of a Spooone.

*To make Quidony of Pippins.*

Take two pound of Pippins, pare, core, and quarter them, and put them into a quart of faire water, boyle them till they begin to breake; then put in a pound of Brasil Sugar clarified with halfe a pint of water, and the white of an Egge, boyle them then till the fruit fall to the bottome, then take it up, draw all the liquid substance from it, as in your Quinces, and boyle it in a Posnet till it come to a Jelly, try it on the backe of a spooone, and when it is ready to print, put it into your Moulds, and when it is cold turne it off upon wet Trenchers, and put it into boxes.

*To make Quidony of Raspices.*

Take a quart of red Raspices, put them into a wooden dish, with three spoonfulls of faire water; bruiſe them all to peeces, with a spoon or a Rolling pin, then straine them through a cloth into a faire dish; season it with halfe a pound of Sugar finely beaten, boyle it on a Chafingdish of Coales, stirring it till it come to a Jelly; your triall is on the backe of a spooone, as in all other Jellies, and when it is ready for the print, print it, and it will be a very orient colour: you must not put too much water to the Raspices, for they will not abide too much boyling for loosing their colour.

*Colours for fruitage.*

Saffron is the best yellow.



Sap greene the best greene.

Indian Lake the best red.

All your colours must be tempered with Gumme water made of Rosewater.

*The names and use of your Sugars.*

Refined Sugar, hard and white, is best for Paste of Genua, and to cast all kinde of Sugar workes.

Barbary Sugar is best to preserve withall.

Brasile Sugar white and dry is best to make Quidony.

*The names and prices of Gummes for Sugar workes.*

Gumme dragon } \_\_\_\_\_ iii.d

Red Rosset the ounce } \_\_\_\_\_ i. d

Sap greene } \_\_\_\_\_ ii. d

Indian Lake ii. d. weight } \_\_\_\_\_ iii. d

Fine gold the booke } \_\_\_\_\_ xvi. d

Party gold the Booke } \_\_\_\_\_ vi. d

Buy your Gold at the Gold-beaters: your Gummes and your Colours at the Talbut in Newgate Market.

*Sweet Bagges to lay among Linnen.*

Take Orris, Ciprus, Calamus, Fulus, all of them grosse beaten, and Gallinall rootes, of each a handfull, and as much of the small tops of Lavender dried, and put them into bags to lay among your clothes: you may put in a handfull or two of Damaske Rose leaves dried, which will somewhat better the scent.

*Cyprus Powder.*

Take of Storax Calamint foure ounces, Calamus Aromaticus two ounces; red Roses two ounces; of Marjorome and Rosemary flowers, of each one ounce; Orange Pill, one ounce and a halfe, of Cloves, and *Lignum Rhodium*, of each two drammes, and fine Muske twenty graines. Make all these into a Powder, and put it up into a bagge fitting.

*Powder of Violets.*

Take of sweet Ireos rootes one ounce, red Roses two ounces, Storax one ounce and a halfe, Cloves two drammes, Marjorome one dram, Lavender flowers one dramme and a halfe, make these into powder; Then take eight graines of fine Muske powdered also, put to it two ounces of Rosewater, stirre them together, and put all the rest to them and stirre them halfe an houre till the water be dried, then set it by one day, and dry it by the fire halfe an houre, and when it is dry, put it up into bags.



## The Ladies Cabinet opened.

### *Cyprus Matches to burne in Perfume.*

Take of Willow wood made into Charcole, one pound of Benjamin two ounces, Storax liquida one dramme and a halfe, of Storax Calamint one ounce, Marjorome one ounce, Cloves one ounce, of fine Muske ten graines: beat them altogether into powder; then take of Quincy Draggagenti foure ounces, put it in Rosewater, and stirre them well together, and let them stand a night and a day; then put all the aforesaid parcels to this Rosewater, which must be no more then will make it into a Paste, and thereof make up your Matches in what forme you list, and let them dry in the shadow, without fire or sunne.

### *How to make a sweet water.*

Take a gallon of Wort, halfe a gallon of running water, of Lavender and Bay-leaves dryed, of each two handfuls, of Orris powder one ounce; Put all these together in an earthen pot, let them stand one day and one night, stirring them often; the morrow after distill it, putting in a pennyworth of Balme: and the water which commeth off the distilling will be very sweet.

### *To make a sweet powder.*

Take Orris *di.* 1. 6<sup>d</sup>. Ciprus *di.* 1. 10<sup>d</sup>. Calamus *di.* 8<sup>d</sup>. Fusis *di.* 1. 20<sup>d</sup>, Benjamin two ounces 12<sup>d</sup>, Muske powder 12<sup>d</sup>, graines 1<sup>l</sup>, 1. 6<sup>d</sup>.  
Totall 7<sup>s</sup>.

### *Another for the same.*

Take Benjamin 4 ounces 2<sup>s</sup>, Storax Calaminta 3 ounces 2<sup>s</sup>, Fusis of Cloves 3 ounces, 9<sup>d</sup>. fine Ireos 6 ounces, 2<sup>d</sup>. Santalum Citrinum 3 ounces 18<sup>d</sup>. Muske 20 graines, 3<sup>s</sup>. 4<sup>d</sup>. Civet 10 graines, 20<sup>d</sup>. Totall 11<sup>s</sup>. 5<sup>d</sup>.

### *To make the Mosse powder.*

Take of Mosse that groweth upon a sweet Appletree, or a Pippin Tree, a good quantity, gathered betwixt the two Ladie dayes, put the Mosse into a quart of Damaske Rosewater, stop the glasse, set it before the fire, let it so remaine one day and one night; then take it out and lay it on the bottome of a sieve, put it into an Oven and dry it; beat it to powder: then take Benjamin, Storax Calaminta, Lignum Aloes, of each one ounce; Muske, Ambergreece, Civet, of each 6 ounces, beat all these in a Morter together, til they come to a powder, the mix it with the Mosse powder, and it will be a most excellent sweet powder.

### *To make a sweet Ball or powder.*

Take Cloves and Nutmegs, of each one ounce, Sinamon and Benjamin, of either halfe an ounce; Calamus Aromaticus, and white Sanders of each 2 ounces, beat every of them severally, and searce them into fine powder, and then beate them into a Paste with Rosewaker;

Take



Take then Storax Calaminta two ounces, Labdanum one ounce, beat them in a Morter with Rosewater till they be well mixed: and then put the other Paste to them, and beat them together, till they be thoroughly mixed. Then take Ambergreece, Muske and Civet, of each foure or fixe graines, bruise them, and mixe them well together in a Sawcer with a little Rosewater; then put them to the other Paste, and worke them well together, warming both the Paste and your hands, very well with a Chafingdish of coales well kindled standing by you, till you have very well incorporated them together: and then while the Paste is warme, make it up into what assize or forme you please.

*A Bath to Comfort the Braine.*

Take a quart of Muscadine, sweet Marjorome a handfull, Rosemary tops halfe a handfull, and a few Cloves; boyle them upon a soft fire, to the one halfe, and bathe the head therewith, often in the Spring and fall of the Lease, drying it in with hot Napkins.

*For paine in the Eares or Deafnesse.*

Take a hot loafe, of the bignesse of a Bakers penny loafe, and pull or cut it in two in the midst, and lay the middle of the crummy side, to the midst, or to the holes of the eare, or eares pained, as hot as they may be endured: and so binde them fast together on all night. And then if you finde any paine in either or both eares, or any noise, put into your pained eare or eares, a drop of *Aqua-vita* in each, & then again binding more hot bread to them, walk a little while, and after go to bed; this done three or foure dayes together, hath taken away the pain hearing noise in the eares, and much eased the deafnesse and dulnesse of and in many.

*FINIS.*

**THE TABLE.**

<b>A</b> Lemmon Sallet.	fol. 1	To make Paste of Carrets.	4
The best clouted Cream.	ibid.	To make the fine Bisket, &c.	ibid.
Another way for the same, &c.	ibid.	To make clouted Creame.	ibid.
To make the best Puffe-past.	2	To make Barbery Cakes.	5
To boile a Capon handsomly, &c.	ib.	To make Almond Milke.	ibid.
To rost a shoulder of Mutton, &c.	3	To make a Cullisse.	ibid.
To make an Artichoke Pie.	ibid.	A Tart of Strawberries.	6
To make a Neats-foot Pie.	ibid.	To make a Ielly.	ibid.
To make Almond Bisket.	ibid.	H 3	<i>A</i>



# The Table.

A direction to make Jelly.	7	An ointment for a Rupture.	ibid.
To make the Atacaroones.	ibid.	A powder for the same.	ibid.
A water.	8	A Barly water. &c.	ibid.
A way to Preserve Quinces, &c.	ib.	A very Gentle purge.	ib.
A speciall remembrance, &c.	9	To cure the Mother.	ibid.
To make Pomatum.	ib.	To Ripen a Fellon.	ibid.
To make sweet bags to lay in lin.	10	Oyle of Almonds.	ibid.
To preserve Barberies.	ibid.	A water for a sore Mouth.	ibid.
How to preserve Barberies.	11	Oyle of Sage.	ibid.
A Salve for an Ach.	ibid.	Oleum Laureum.	19
To take the Ague, &c.	ibid.	Oyle of Tobacco.	ibid.
The Ague in children &c.	ibid.	Oyle of Roses.	ibid.
To strengthen the Backe, &c.	ibid.	Oyle of Creams.	ibid.
For a paine or Ach, &c.	12	Oyle of Swallowes.	ibid.
To helpe speedy birth, &c.	ibid.	Oyle of Roses.	ibid.
For the same.	ibid.	The use of Oyle of Violets.	20
Balme water.	ibid.	Vse of the Oyle of Camomill.	ibid.
For a sudden bleeding, &c.	ibid.	The use of Oyle of Lillies.	ibid.
To stop inward bleeding.	13	The Oyle of Elder-flowers.	ibid.
To heale a womans brest, &c.	ibid.	Oyle of Cowslips.	ibid.
To dry up a womans brests, &c.	ibid.	The use of the Oyle of Rue.	ibid.
An approved medicine, &c.	ibid.	The Oyle of Woormewood, &c.	21
To take away the Spots, &c.	ibid.	The use of the Oyle of Mint.	ibid.
Canker in a womans Brest.	14	To make the Oyle of Salerne.	ibid.
For the Canker in the month.	ibid.	The Oyle of Excester, &c.	ibid.
To make a tooth fall out, &c.	ibid.	The Sirrup of Violets.	ibid.
To helpe the paine of the Teeth.	ib.	Sirrup of Century.	22
A preservative against the Pest.	ib.	Sirrup Gresta, &c.	ibid.
For a Consumption.	ibid.	Sirrup of Roses.	23
For a quartaine Ague.	15	Sirrup of Wormewood.	ibid.
For the Cough of the Lungs.	ibid.	Sirrup of Cowslips.	ibid.
A cure for the Dropsie.	ibid.	Sirrup of Borage Buglosse.	ibid.
For the Pin and Web.	ibid.	Sirrup of Calamint.	ibid.
To take away the filme on the eye.	ib.	Sirrup of Scabiose.	ibid.
A medicine for sore eyes, &c.	16	To make Sirrup of Saffron.	24
A Glistre to open the Body, &c.	ib.	Sirrup of Folefoot or Colts-foot.	ib.
The greene Salve, &c.	ibid.	To kill Warts, &c.	ibid.
To cleanse the Head, &c.	ibid.	For the French Pox, &c.	25
Harts horne Telle.	ibid.	Ointment for the French Poxe.	ibid.
A medicine for old sores, &c.	ibid.	Another for the French Pox.	ibid.



# The Table.

To heale the French Poxe, &c.	ibid.	For one that pisseth blood.	35
For the Piles.	26	An Ointment, &c.	ibid.
Medicin to make the piles bleed.	ib.	A Salve for ranklings, &c.	ibid.
A medicine for the Piles.	ibid.	A very good plaister, &c.	ibid.
To stop the bloody Flux.	ibid.	To kill the Ring-worme, &c.	ibid.
Flos Vnguentorum.	ibid.	To kill the Wilde Fire.	ibid.
A dyet for Ulcers, &c.	27	For the Emerods.	ibid.
Creame to procure sleepe, &c.	ibid.	Best way to make a Sack Posset.	36
A outward medicine for the same.	ib.	To keepe Clove Gilliflowers &c.	ib.
A medicine to breake, &c.	28	To dissolve the Stone, &c.	ibid.
The blacke Salve, &c.	ibid.	To make Snow.	ibid.
For the Scallor, &c.	ibid.	To make Spiced Bread.	ibid.
A medicine for the Drop sic, &c.	ib.	To make Cracknels.	ibid.
An especiall medicine for poyson.	ib.	To make Veale Toots, &c.	ibid.
A Medicine for the Stone, &c.	29	To make fine Pippin Tarts.	ibid.
Unguentum Populeonis, &c.	ibid.	To pickle Oysters.	ibid.
Receit for a backward businesse.	ibid.	To make a Haggesse Pudding.	38
Doctor Lewis unguentum, &c.	30	To make white Puddings.	ibid.
Unguentum Sanatinum.	ibid.	To make very fine Sawfages.	ibid.
A searecloth for all aches.	ibid.	To pickle Quinces.	ibid.
An oymtent for an ach, &c.	ib.	A Rice Pudding.	36
An ointment for the Sciatica.	ibid.	To make a Pudding in a dish.	ibid.
To drive out any infection.	31	To keepe Gooseberries.	ibid.
An excellent confortative, &c.	ib.	Parstane, &c.	ibid.
An Ointment for, &c.	ibid.	How to keepe Cucumbers rawe.	ibid.
For any Bruise or Ache, &c.	ibid.	To keepe Comslips for Sallets.	40
For the dead Palsie.	32	Viols, Buglosse, &c.	ibid.
A Plaister for a Bile or Pus.	ibid.	To keepe Broonie-flowers, &c.	ibid.
An approved good drinke, &c.	ibid.	To keepe Barberries, &c.	41
A very good Poultesse, &c.	ibid.	To keepe Artichokes, &c.	ibid.
For the Rhume, &c.	ibid.	An Almond Cawdle.	ibid.
An approved Medicine, &c.	33	To make the Angelotta Cheese.	ibid.
A Medicine for a Plurisie, &c.	ib.	To make the Danske Creame.	42
The purge; It may be given, &c.	ib.	To make fresh Cheese in Cream.	ib.
The purge of Assarabacha, &c.	34	A messe of fine Creame.	ibid.
An approved Medicine, &c.	ibid.	To make French Frumenty.	ibid.
A Poultesse for the Gout.	ibid.	A Medicine for the Drop sic.	ibid.
To make one make water.	ibid.	To make Leach of Ipocras.	43
		To	



# The Table.

To make fine white Leach of, &c. ib.	To preserve Apricocks.
To make Leaches.	ibid. To preserve Bullassea, &c.
To make a Tart of Butter &c. ibid.	To make Ipocras.
The Cooks common white, &c. 44	To make Paste of Almonds.
To make a sweet Cake, &c. ibid.	To make a March pane.
To make Almond Butter.	ibid. To make Paste of Violets, &c.
To make Almond Cakes.	ibid. To make the white Paste royall.
To dry Apricocks.	45 To make a red Paste Royall.
The best way to dry plummies.	ibid. To make the Past royall in, &c.
To drie Pippins.	ibid. To make Paste of Pippins.
A way to dry Cherries.	ibid. To make Paste of Genna.
To Conserve Comslips.	46 To make Paste of Lemmons.
A Conserve of Roses.	ibid. To make Quidony of Cherries.
The use of Conserve of, &c.	ibid. To make Paste of Regia.
The use of Conserve of &c.	ibid. To make Dia Citonicum, &c.
Of Sage Flowers.	47 To cast all kinde of Sugar
Scabious Flowers.	ibid. into Moulds.
Conserve of Barbaries.	ibid. To make fruitage hollow, &c.
The Cordiall Conserve.	ibid. The best receipt of Bisket bread.
To make Muscadine Comfits.	ibid. To make printed Quidony, &c.
To make blacke Clove Comfits.	ib. To make Quidony of Pippins.
To preserve all kind of Flowers.	48 To make Quidony of Raspberries.
To Candy all kinde of Flowers.	ibid. Colours for fruitage.
To make the Rocks Candies, &c. ib.	The names & use of your Sugar.
The Candy Suckets, &c.	49 The names and prices, &c.
To make Quince Cakes.	ibid. Sweet Bagges, &c.
Cleere Cakes of Quinces, &c. ibid.	Cyprius Powder.
To preserve greene Pippins.	ibid. Powder of Violets.
To preserve Orenge, &c.	50 Cyprius Matches, &c.
To preserve Peaches.	ibid. How to make a sweet water.
To preserve Medlers.	ibid. To make a sweet powder.
The best way to preserve, &c. ibid.	Another for the same.
To preserve Damsons.	51 To make the Masse powder.
How to preserve Cherries.	ibid. To make a sweet Ball, &c.
To preserve Artichokes.	ibid. A Bath to comfort the braine.
To preserve Roses, &c.	ibid. For to cure Deafnesse.

FINIS.